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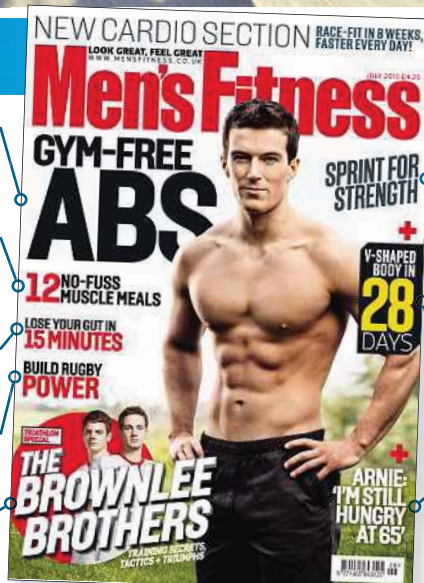
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Model Scott Baptie@WAAthletic
Photography Glen Burrows
Grooming Danielle Ogilvie using Bobbi Brown products

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New cardio section



RACEFIT

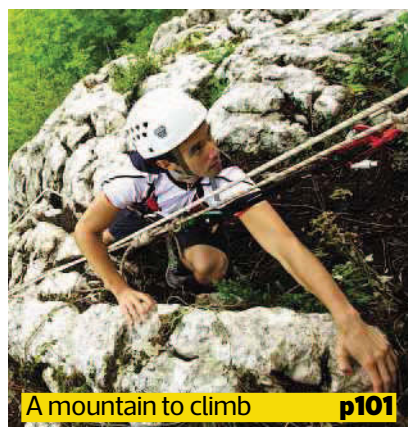
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Editor's letter



You can choose your friends, but you can't choose your family. If you did get the chance to choose your family, though, you'd probably choose one with both a world and an Olympic champion in it, wouldn't you? That's the Brownlee brothers, and Alistair and Jonny talked to *MF* about their phenomenal success, what motivates them and the challenges they're looking to take on in the future (p62).

And if you're inspired by their example, why not train for a triathlon? From this issue, *Men's Fitness* brings together all the expert advice you need to build speed and endurance in our dedicated RaceFit section (p51). This month we show you how to get fit for your first tri in just eight weeks, alongside lots of tips and guidance to help you get the most from your cardio sessions. Just one more way we're helping you reach your fitness goals.

Nick Hutchings, Editor



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that excites



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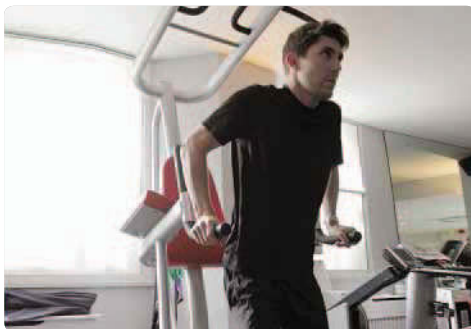
The MFers

The staff of *Men's Fitness* are always in the thick of the action



JOEL, associate editor

What I've been up to: Participating in a charity 'Grapplethon', which means doing five hours of nonstop Brazilian jiu jitsu to raise money for Rape Crisis. Other participants grappled (and slept) on the mats for a full 24 hours, including one chap who managed a truly heroic 95 rounds of sparring. Exhausting – but I met a lot of new people and got armbarred by most of them, which is always nice.



MAX, staff writer

What I've been up to: Preparing for my first Tough Mudder event by combining upper-body circuits with sprints and hill runs. The race will be stop-start thanks to the obstacles so I'm not worried about my cardio, but I need strength to pull myself over walls, under nets and across monkey bars. Pull-ups, press-ups, chin-ups and dips should ensure I don't slow down Team MF. For more info go to toughmudder.co.uk



BEN, content editor

What I've been up to: Attempting to climb a via ferrata in the French Alps. Unlike traditional climbing routes, via ferratas feature a series of metal cables, rungs and ladders that you attach yourself to via a harness and karabiner. In addition to requiring plenty of upper-body strength and muscle endurance, hauling yourself up a mountain this way is a tough mental challenge. Read the full story on p101.



SAM, staff writer

What I've been up to: Stretching, squeezing and straining through the warm-up drills used by GB gymnast Louis Smith. Before every training session he spends an hour warming up and working on his flexibility, whereas I'll usually skip this to save time. That probably explains why he won an Olympic silver medal and I can barely touch my toes – as you can see here. Turn to p32 for our interview with Smith.

Get a lean, hard body

The *Ultimate Guide To Fat Loss* is a new book from *Men's Fitness* that will help you build a lean physique and reveal hard abs in just six weeks. With comprehensive form guides, sensible nutrition advice and an easy-to-follow exercise plan, it will see you burning off all your unwanted fat in time for the summer holiday season. Get it now from Amazon, WH Smith, supermarkets and magbooks.com.



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Loch down

This scene may make a sunrise dip seem inviting – until you realise it's the start of the Celtman, an extreme triathlon already gaining notoriety after its debut in 2012. Between here and the finish at the top of the Torridon Hills is a 3.8km swim in Loch Shieldaig, a 202km ride and a 42km run. Last year's fourth-place finisher Stuart Macleod tells *MF*, 'The water is murky – some people get spooked by it – but the run is what makes this race unique. You're essentially running a marathon over two mountain tops.' For more on the Celtman visit cxtri.com, and for tips on tackling your first triathlon turn to p58.



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FitList

YOUR COUNTDOWN TO A FITTER LIFE



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✓ Nail the transition and improve your triathlon time **p23**

✓ The best warm-up to help you add muscle **p26**

✓ Fitness classes – not just for girls. Find out why **p28**

✓ GB Olympic hero Louis Smith on his success **p32**

Cereal killer

Wake up to the hidden dangers lurking in your breakfast bowl

Tony the Tiger may think a bowl of tasty cereal is a 'grrrrreat' way to start your day, but the levels of sugar in breakfast favourites can sabotage your pursuit of a better body as well as increasing your risk of illness.

Research by *Which?* shows that cereals are surprisingly high in sugar, including some advertised as 'healthy' such as Special K. Most of these have a high glycaemic index, meaning they cause blood sugar spikes that can lead to fat storage. And a recent study published in the journal *Plos One* also found consumption of sugar directly related to increased rates of diabetes.

Your prescription: porridge with a sprinkling of protein powder for a filling, muscle-building breakfast to kick-start your day.



Although UK consumption of granulated sugar decreased by 6% between 2003 and 2013...

...diabetes went up by 25% between 2006 and 2011, showing the danger of hidden sugars

Double up

Perfect the half Turkish get-up for twice the muscle-building benefits

Want to build bigger shoulders at the same time as a stronger six-pack? Of course you do. Crunches won't get you there, but the half Turkish get-up certainly will. The first stage of the TGU is the money part of the move: it puts massive tension on your abs and obliques, while forcing you to keep your shoulders and core tight. And because you're stopping halfway and reversing the move, then carrying on to complete the reps, it packs in loads of time under tension, which is exactly what your muscles need to grow.

**HALF TURKISH
GET-UP**
Sets 4 Reps 5
each side

A Lie down holding a kettlebell above you in one hand with the other out to your side. Keep your eyes on the weight as you twist up to bring your shoulder off the floor.



B Continue this momentum and transfer your weight to your other hand, pushing down on the floor to drive the kettlebell above you. Pause and reverse the move to complete one rep.

QUICK FIXES

Spice rack for a six-pack

Blast belly fat and boost health with these tasty spices

CINNAMON

Sprinkle it on your latte: it's not just an excellent source of fibre, but also helps to make your body shed glucose so you don't store it as fat, research published in the Journal Of Diabetes Science And Technology shows.

TURMERIC

Prescribed since ancient times for its anti-inflammatory properties and weight-loss effects, turmeric has also been found to decrease fat tissue growth, according to the United States Department of Agriculture.

CAYENNE PEPPER

Capsaicin – a compound found in cayenne pepper – raises your body temperature and metabolism, so you'll burn more calories. Add it to protein-rich chilli for a muscle-building double header.



Exercising for 30 minutes a day reduces anxiety – which increases belly fat – by 20% after just three weeks, says a study by the University of Georgia

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above the horizon. If the sun is below this angle, you don't get the UVB rays that make vitamin D for strong bones and immunity – but you *will* be exposed to harmful UVAs, increasing your risk of cancer. In the UK the sun doesn't get that high between November and February, so that's when to supplement.

Words Sam Rider Photography Danny Bird Shutterstock
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Mind the gap

Prepare in advance to master tricky triathlon transitions

Smooth transitions can be the difference between a PB and a DQ. Obey the rulebook and practise your changeovers meticulously before race day to avoid common pitfalls and boost your chances of overtaking your opposition.

TRANSITION 1

TRANSITION 1 SWIM TO CYCLE

- 1 'The key to T1, the bane of Britain's Jonny Brownlee at the Olympics, is focus,' says veteran triathlete Stuart Macleod. 'Remember the rules and mentally rehearse each step of your upcoming transition as you set up your gear at the start of a race.'
- 2 'Towards the end of the swim start to kick your legs a bit more,' says Ironman coach Pat Leahy (provo2.com). 'This will get some extra blood flow to your muscles, helping prepare them for the cycle.'
- 3 'Set up your bike with the shoes clipped to the pedals,' says Leahy. 'And make sure it's already in the appropriate gear.'
- 4 'Do not un-rack your bike before your helmet is on and fastened,' says Macleod. 'And don't get on it until you pass the marker for the designated bike mounting area.'

TRANSITION 2

TRANSITION 2 CYCLE TO RUN

- 1 'With the transition area in sight near the end of the ride, shift to an easier gear and start to spin more to prepare your legs for the run,' says Leahy.
- 2 'After you pass the marker for T2 slip out of your bike shoes, get off your bike and push it to where you left your running kit,' says Macleod.
- 3 'Rack your bike before you undo and take off your helmet to stay within the rules,' says Macleod. 'And grab any fuel such as energy gels you need for the run.'
- 4 'Mark your kit clearly,' says Leahy. 'Finding it in a busy transition area can be tricky. Note what the kit next to yours looks like, or put a bright towel over your handlebars.'

READ THE RULEBOOK

- Some races have unique local rules so don't assume that just because you knew the rules of the last tri you did, this one will be the same.
- Discarded equipment will be regarded as a hindrance and a time penalty may be issued, so make sure you put your goggles and swim cap in the area provided.
- Disqualification can be imposed for nudity and 'racing topless' so you may need to wear a top or tri suit under your wetsuit.
- You must not interfere with another competitor's equipment, so be careful not to knock other people's kit over during transitions.

Turkish delight

Spice up your breakfast and add muscle with this variation on a classic



Bored with scrambled eggs? Try this spicy Turkish dish to add some variety to your morning meals. As well as the protein provided

by the eggs, you get a hefty dose of muscle fuel from the yoghurt. The other ingredients provide both delicious flavours and more health benefits.

INGREDIENTS

2 eggs / 1½ cloves garlic, crushed / 100g Greek yoghurt / 20ml extra virgin olive oil / 10g unsalted butter / ½tsp dried chilli flakes / 1 stalk fresh flat-leaf parsley, chopped / 25ml white wine vinegar

TO MAKE

- Mix the garlic with the yoghurt and half the olive oil. Whisk for ten seconds and put to one side.
- Melt the butter in a small pan until it is a nutty brown colour. Remove from the heat, add the chilli and stir, allowing it to sizzle.
- Add the remaining oil and parsley, then set aside.
- Add the vinegar to a deep pan of simmering water and poach the eggs.
- Serve the eggs in a bowl on top of the yoghurt mixture and pour the olive oil/butter mixture over the top.



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MOTION & EMOTION



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Stretching your limits

Prepare for action with dynamic exercises

If you're still stretching like you were taught in school – holding static positions for 30 seconds at a time – stop it. Unless, of course, you want your power, speed and performance to plummet. A new study in the *Journal Of Strength And Conditioning Research* finds that static stretching, beloved of PE teachers everywhere, lowers your max strength and plays havoc with your stability.

'Pre-activity dynamic stretching has been shown to be more effective,' says Matt Todman, director of Six Physio (sixphysio.com). 'You use the momentum of your body to work a muscle through its full range, priming you for explosive movement. It's slow and controlled, never jerky or too quick.' Your new warm-up should include the following four dynamic drills.

Static stretching saw subjects' squat one-rep max drop by 8.4%

HIGH KICKS

Kick your right leg up to touch your left hand, as if striking a football. Alternate five reps each side.

Todman says 'This brings your core, glutes, hamstrings and even chest to life. Save this for the end of your warm-up and ensure the movement is controlled.'



BIG STEP WALKING LUNGES

Lunge forwards and repeat on the other leg to walk forwards.

Do ten reps each side.

Todman says 'Go deep to fire up your glutes, quads and hamstrings.'



INSIDE HEEL TOUCHES

Twist your torso to touch your left heel with your right hand and return. Do ten reps each side.

Todman says 'This puts some length into your groin and adductors.'



BOXER'S TWISTS

With your feet in a boxing stance, twist your torso to one side and reverse. Do ten reps each side.

Todman says 'Great for core and spine mobility.'

Handle the tooth

A quarter of 25–34-year-olds in the UK don't even brush their teeth twice a day, but dental care is vital for your teeth and overall health. Professor Robin Seymour of the Simplyhealth Advisory Research Panel shares his tips on technique.



Pass the acid test

'Don't brush straight after an energy drink or citrus fruit. The acid softens your enamel and brushing can cause dental erosion.'



Do the rounds

'Brush in a rotational direction, instead of side to side or up and down, to clean where the gum and tooth meet, which is prone to plaque.'



Boost your bristles

'Keep meaning to get a new toothbrush? You should – worn-down bristles can cause gum trauma. Change it every four to six weeks.'



Wash wisely

'Don't rinse your mouth with water after using mouthwash. Fluoride and anti-plaque agents continue to work after you use it.'

For more ways to upgrade your workout go to mensfitness.co.uk/links/workoutupgrade

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Different class

Fitness classes aren't just for girls

Perhaps there's nothing you like more than an hour alone with a squat rack – but the weights room is hardly the best spot for a date. Those classes you've dismissed as 'too girly' are far more couple-friendly and can complement your muscle-building aspirations. 'Hot yoga is ideal for active recovery after sports or weights,' says trainer Mark Finn of the Reebok Sports Club. Here are three other lady-friendly classes, which Finn explains will benefit your lifting as much as your love life.

Aqua aerobics

'Improve your range of motion without stressing your body with impact, and stimulate blood circulation to flush lactic acid out of your muscles.'

Spinning

'Fast paced, high-intensity cardio is a guaranteed fat-burning workout and group cycling provides camaraderie – proven to keep you motivated.'

Pilates

'Bolster your strength training with continuous exercises that test your core stability and functional fitness while improving your flexibility.'



Tanning truth

Expose common sun tan myths and select your summer beach bag essentials with help from grooming expert Chris Beastall (nivenandjoshua.com)

Myth

'I won't burn if I use sunscreen'

Problem No sunscreen provides 100% protection.

Solution Cancer Research UK recommends an 'ice-cream scoopful' of factor 15 sunscreen or higher to cover your whole body. If playing sports, choose one that's quick-drying and perspiration-resistant.

Use... Ultrasun Sports 50 Spray £26 for 150ml ultrasun.co.uk



Myth

'I don't need sunscreen if I'm in the water'

Problem Water doesn't dilute intensity of the sun's UV rays.

Solution If you know you'll be exposed to the sun for a long time, make sure you are wearing clothing that covers your arms, back and upper thighs and regularly apply a long-lasting waterproof sunscreen too.

Use... Riemann P20 SPF50+ £25 for 200ml **Available nationwide**



Myth

'A light sunburn is part of the tanning process'

Problem Red and blotchy skin is a sign that your body is trying to recover from sun damage.

Solution Take extra care when the UK sun is strongest – between 11am and 3pm – and apply a nourishing after-sun cream containing aloe vera to cool your skin and help it recover.

Use... Nivea Sun Moisturising After Sun £3.24 for 200ml **Available nationwide**



For more myth-busting tanning advice, go to mensfitness.co.uk/links/sunsafety

The smile that stays with you



Play
more.
Smile
more.



Turning Japanese

Sushi has all the nutrients you need for an active lifestyle. Mike Lewis, executive chef of Yo! Sushi, helps you pick the right plate for your goals

Fat-loss menu

Dodge the rice and fried food plates for healthy, low-carb dishes



Starter

Edamame beans

- 'With one of the highest protein contents of any vegetable, these will fill you up to keep your hunger abated,' says Lewis. 'Still peckish? Go for gyoza. These Japanese dumplings are steamed, making them a low-fat treat.'

Main

Sashimi

- 'No nutrients are lost in the preparation of these raw fish dishes and they're full of omega 3 and 6 fats that keep a lid on bad cholesterol levels.'

Sauce

Chilli

- 'This spicy sauce kick-starts your metabolism, helping you to burn more calories to cool your internal body temperature.'

Pre-workout energy menu

Tuck into an array of rice-wrapped sushi choices to keep your energy levels up



Starter

Iso/maki

- 'Rice-filled rolls accompanying lean meat and vegetables give you a bite-size hit of everything you need to prepare your body for exercise,' says Lewis. 'Just give yourself time to digest it all before hitting the gym.'

Main

Hand rolls

- 'A crispy duck and brown rice miso roll that comes wrapped in seaweed provides plenty of slow-releasing carbs to fuel your training.'

Sauce

Pickled ginger

- 'As well as its anti-inflammatory effects, ginger relaxes and soothes the intestinal tract to aid digestion of this carb-heavy meal.'

Post-workout recovery menu

Rehydration and protein replenishment for your muscles are quickly catered for



Starter

Miso soup

- 'The seaweed in this soya bean broth is high in iodine, which helps to regulate metabolism, and very high in antioxidants to protect your body from free-radical damage caused by strenuous exercise.'

Main

Nigiri

- 'Tuna provides high-quality protein, while the small dose of carbs in the sticky white rice helps to drive protein to the muscles.'

Sauce

Wasabi

- 'A source of magnesium, which is required for contraction of muscles,' says Lewis. Plus, it packs 5g of muscle-building protein per 100g and boosts your metabolism to burn more calories.'

ON A ROLL

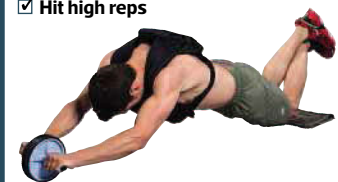
Upgrade your core workout with a versatile abs wheel



STANDARD ROLLOUT

The original – it challenges your core strength and shoulder stability.

- ✓ Beginner-friendly
- ✓ Suitable warm-up
- ✓ Hit high reps



WEIGHTED ROLLOUT

Increase weight until you can achieve the holy grail – a standing rollout.

- ✓ Intermediate
- ✓ Targets six-pack
- ✓ Strengthens lower back



HALF-KNEELING ROLLOUT

This destabilises your core, forcing your abs to work harder.

- ✓ Intermediate
- ✓ Unilateral move
- ✓ Groin stretch



HALF-PRESS-UP ROLLOUT

Trying for the one-hander? Build up by incorporating a press-up

- ✓ Advanced
- ✓ Shoulder stabiliser
- ✓ Chest builder

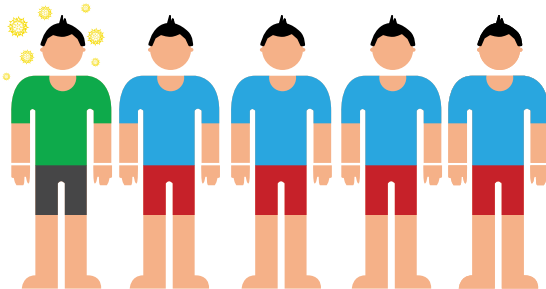


SIDE ROLLOUT

Improve the rotational strength you need for boxing or tennis by rolling to either side.

- ✓ Advanced
- ✓ Targets obliques
- ✓ Sports specific

20%



of men are affected by hay fever during their life but changing your clothes and showering after exposure to pollen – such as during a lunchtime run – can prevent symptoms.

For more core-strengthening exercises go to mensfitness.co.uk/links/coremoves



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Smith in the Olympic team final, part of 'the scariest time of his life'

Horse play

GB's silver-winning gymnast Louis Smith on why he doesn't lift weights and the intense pressure of an Olympic final



I have to be strong to do what I do, but being flexible makes it easier and helps me avoid injury. I train six hours a day, six days a week. It's quite intense but it's important I work out and stretch every day to stay supple.

Core strength is vital for gymnastics. If you don't have a strong core you'll be floppy around your belly and won't be able to do handstands, which are a basic skill. Leg raises, wide-arm pull-ups and close-grip press-ups form key parts of my bodyweight training to give me a great basic strength.

I don't train with conventional weights at all, unless I've had an injury and need to do rehab exercises. I build strength by doing bodyweight exercises and wearing a 10kg weighted vest when doing pull-ups, rope climbs, leg lifts and gymnastics moves on the rings, such as the crucifix.

The words 'Don't fall off' are normally going through my head when I'm competing. But I try not to think about my performance and what's going on. I've rehearsed my routine for months before competing,

so my body goes on autopilot. When I'm on the pommel horse, I try to not think about what I'm doing but just let it flow – that's when it comes off the best.

At the time, I didn't realise the significance of winning a bronze in Beijing [to become the first British man to win an Olympic medal in the gymnastics since 1908]. I was using that competition as a stepping stone. London 2012 was always the main goal.

The London Olympics was the scariest time of my life.

Seriously. If I had a one-night stand and got someone pregnant that would not even come close to how scary that was. It was crazy. People sort of knew who I was and there were all these expectations. It was very, very tough – but what an experience. It was life-changing.

My individual final was so intense. I was standing in front of the pommel horse thinking, 'This is the pinnacle of 19 years' training'. All the time my mum and coach had sacrificed boiled down to this one opportunity.

Fifty seconds to prove it all. Being the last person up in the final and standing in an arena full of 20,000 people. It was the craziest experience I've ever had.

The pressure was horrible but it's what you live for as an athlete. The ones who succeed are the ones who can deal with that. There's only a very select group of people who can know what it feels like to do a routine perfectly. When you do you know every second of pain was worthwhile. It's just unbelievably satisfying.

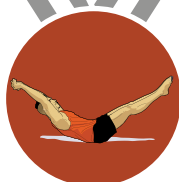
I could have fallen off because it was the hardest routine in the world. I would have been just another person who failed. People say, 'You must be so disappointed getting silver and not gold', but under that pressure you'd be insane to think that way. It was the best performance I've ever done. It was a really hard routine and I absolutely smashed it in a home games. I'll take that silver any day of the week, ten times over.

Louis Smith supports Danio, the new protein-packed yoghurt. Visit facebook.com/danioyogurt or follow @danioUK

CORE SKILLS

Try the testing gymnastics moves that Smith uses to warm up

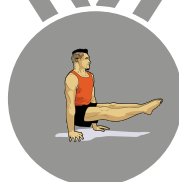
BEGINNER



Dish

Lie on the floor and raise your legs and upper back, using your core to keep you steady. Hold for 30 seconds.

INTERMEDIATE



L-sit

Sit on the floor with palms face-down and your feet together. Raise your legs and hold for 15 seconds.

EXPERT



Crow

In a crouching position, place your hands on the floor, then rock forwards to lift your feet off the ground.

For Louis Smith's medal-winning workout go to mensfitness.co.uk/links/louissmith



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The Experts

The best advice from the biggest names in fitness



'Fitness is very important, but I think around 70% of climbing is in the mind. If you don't have that mental strength you won't be able to handle it'

MUSCLE EXPERT **p38**

Charles Poliquin

WHY YOU SHOULD LISTEN TO HIM

He is the world's leading authority on strength and conditioning and has trained Olympians in 12 sports.



GUEST EXPERT **p40**

Martin Offiah

WHY YOU SHOULD LISTEN TO HIM

More than a decade after his record-breaking rugby league career ended, he's taken up boxing at the age of 46.



GUEST EXPERT **p42**

Noel Hanna

WHY YOU SHOULD LISTEN TO HIM

He's an endurance athlete who has climbed the highest mountain on every continent – and, uniquely, descended to sea level again afterwards.



Photography Getty





Build muscle fast

Get bigger, stronger, leaner and healthier with short bursts of sprinting, says **Charles Poliquin**



Congratulations, United Kingdom. I hear that your nine-month winter is nearing its end and there's a small prospect that a giant ball of burning hydrogen will soon appear from behind a blanket of grey cloud. Don't be alarmed. The rest of the world calls it the sun.

So you may soon want to take your shirt off in public. If you don't want people to think you are the gruesome result of a breeding experiment between a human and a marshmallow, do some sprint training. It's one of the best ways to build muscle, burn fat and improve heart function. If the last time you ran was to get to the fried chicken shop before it closed, here's why you should start sprinting.

↳ Sprinting torches fat

Sprint training is significantly more effective at promoting fat loss than steady-state aerobic training, and it does so in far less time – research has repeatedly proven this. One recent study found that just six sessions in two weeks of six 30-second all-out cycle sprints, with four minutes of rest between bursts, reduced the waist size of the subjects by 3cm. The participants also became more efficient at burning body fat for fuel.

↳ Sprinting builds muscle

The men in the study mentioned above also put on lean muscle mass. Sprints trigger the same muscle-building response as hard weight training, specifically by increasing the size and strength of your powerful fast-twitch muscle fibres. A study of male wrestlers found that performing six 35m sprints, with a ten-second recovery between them, significantly increased the male sex hormone testosterone and decreased cortisol, the stress hormone that encourages the storage of body fat.

↳ Sprinting improves endurance

Do you want to improve your marathon or triathlon PB? Studies show that sprinting is more effective than steady-state endurance training for improving endurance capacity and oxygen uptake. This is because repeated intervals at a high intensity require your body to use energy more efficiently by increasing the amount of glycogen that can be stored in the muscle by as much as 20%. Sprints also boost your running and cycling speed. One study found that cyclists who



'Sprints trigger the same muscle-building response as hard weight training'

did six 30-second all-out sprints increased endurance speed, and they improved time-trial performance times by 26% more than rivals who did steady-state training.

↳ Sprinting helps your heart

Even if you don't want to be leaner or faster, sprint for your heart. In a 2011 study, subjects achieved a lower resting heart rate and better lung function after four weeks of cycle sprint training. Another study of sprint training showed a decrease in inflammation that damages heart function.

↳ Sprinting makes you smarter

Just about every form of exercise generates some mental benefits, but sprinting leads the pack: it decreases inflammation in the brain, improves hormone balance, leads to better mobility and makes you feel energised and capable after you blast through a series of testing reps.

↳ Sprinting makes you tough

Sprints are hard. They hurt. There will be moments of doubt in the middle of a sprint workout. The uncertainty about your ability to finish is all in your head. You must not give in. By pushing through the physical discomfort and pain, you will build confidence in your physical and emotional ability while building a lean, muscular body.

Get advice, find a course and buy supplements at charlespoliquin.com

Sprint for success

Here's how to put this advice into action

1

Warm up with some gentle running for five to ten minutes, gradually increasing the intensity as you go.

2

Sprint as fast as you can for ten to 20 seconds, depending on your current fitness level, and then walk back to the point where you started.

3

Sprint again, and repeat four to six times. Gradually increase the time you sprint and reduce the recovery time to keep progressing.

For more muscle-building advice from Charles Poliquin go to mensfitness.co.uk/links/poliquin



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Live and learn

Martin Offiah was one of the best rugby league players in the world in his day, but since turning to boxing he's discovered you can get even fitter as you get older



Martin Offiah, 46, had a remarkable career in rugby

league. Using his pace and agility, the former Widnes and Wigan wing dazzled spectators in the late 1980s and 1990s, memorably scoring a record ten tries in a Premiership semi-final. Now, 11 years after retiring, he's back in training for Rugger In The Ring, a charity boxing competition between retired rugby players. Here he explains how he got back in shape and the lessons he has learned.

↳ You're always learning

I'm constantly learning new things about training and nutrition I could have used in my career. Being 1kg overweight in rugby wouldn't make that much difference but in boxing you could lose the fight if you're just half a kilo overweight. I've asked 100 fighters what they eat and they all keep food diaries. I don't believe in denying yourself things but it's about balance. If you know what you put in your body, it will help you make more informed decisions. If you've had a Mars bar today you're probably not going to have one tomorrow.

↳ Find your motivation

I know how important it is to be fit enough to keep active. As a professional you're paid to work out, but when you retire you can lose motivation. Now I do it for different reasons. My main focus is what I call 'fitness



Martin Offiah scores a try for Wigan in 1994's Silk Cut Final at Wembley

'Being 1kg overweight in rugby wouldn't matter but in boxing you could lose the fight if you're just half a kilo overweight'

for life'. I want to be able to look after my kids and take them to the park and be able to do that for as long as possible.

↳ Make it enjoyable

Before my first fight [which Offiah won against former England full-back Matt Perry] I trained six times a week for three months. Because I'm not getting paid for this any more I want to make it enjoyable. Kids can be perfect training partners. My son plays club rugby and when he's training I do the drills

he does. Kids have so much energy, so I go out running or play football with them. My son loves it. He keeps saying one day he's going to beat me but I keep telling him it's not today.

↳ Find a way

When I was playing at Wigan we used to have this saying: 'Find a way, make a way.' There's a lot of confusing advice out there but you have to find what's right for you. I used to lift heavy weights and do plyometrics to develop explosive power but now I focus

on rehab work. A lot of my training is around the injuries I've picked up. I'll do high-rep exercises with light dumbbells and use resistance bands that put less stress on my joints. I believe anything is better than nothing and as long as I'm doing something tough and measuring improvement it's worthwhile.

↳ Adapt to new challenges

My career started in rugby union with Rosslyn Park before I went to Widnes to play rugby league. Since retiring I've been on *Strictly Come Dancing* and *Stars In Their Eyes*, acted on stage and now I'm boxing. In all those fields it's similar tools that help you. Whether it's learning the waltz, practising singing or correcting your jab, technique is the most important thing and you learn that by repetition. That takes time, so the more hours you put in the better you'll become. Your body will remember what you've learned so it quickly becomes natural. **MB**

Recovery position

Follow Offiah's three-step approach to rejuvenate fatigued muscles

1

ANTI-INFLAMMATORIES

Straight after a session I use ibuprofen gel, such as Voltarol Emulgel, on any aches and pains so I can train the next day.

2

FOAM ROLLER

Instead of blowing £20 on massages all the time, I use a roller on my legs and back to push lactic acid out of my muscles.

3

HYDROTHERAPY

I do lengths and some jogging in the pool. It helps to cool down your muscles and it's easier to stretch out in water.



Martin Offiah is an official ambassador for the Rugby League World Cup 2013, which starts on 26th October. For info and tickets visit rlwc2013.com

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Reach your peak

Scaling the world's highest mountains requires skill, mental strength and plenty of determination, says world record-holding climber **Noel Hanna**



Noel Hanna holds the Guinness World Record for being the only man to scale each of the seven continents' highest peak and then descend all the way to sea level. He's also a former police officer, a seasoned endurance athlete and one of the co-founders of the Death Race, now known as the Reebok Spartan Race. Here he shares what he has learned from his climbing experiences.

↳ Push yourself to the limit

I started as a long-distance runner and adventure racer, competing in events such as the Marathon des Sables, the Himalayan 100 and the Death Valley 135. Then I began to develop a real passion for climbing and a love of the outdoors and mountains. There are a few hundred people who have managed to climb the seven highest peaks, but I wanted to add something extra and push my body to its limits in ways no-one had ever done before. That's when a friend and I came up with the idea of descending all the way back down to sea level after reaching each summit, which had never been done. That really motivated me.

↳ The end is the beginning

In a traditional climb, when you reach the summit you've near enough finished. But my trips didn't really start until I reached the summit. When I got back to Base Camp having scaled Everest, I knew I still had 1,700m of cycling to go to reach sea level, and there's a lot that can go wrong in terms of illness, injury or equipment failure when you've got that far to go.

↳ Setbacks make you stronger

I first attempted to climb Everest in 2005, but at around 7,000m I suffered retinal haemorrhaging in both eyes due to the atmospheric pressure. It caused all the blood vessels to burst in the back of my eyes and I was temporarily blinded, forcing me to quit. After that, the thought of it happening again was always a worry – if it became a regular problem it would stop me climbing for good. But it just made me more determined to complete the climb, which I was able to do when I returned the following year.

↳ You need a strong mind and body

I train all year round, usually five days a week, alternating between cardio and weights. If I know a particular trip is going to involve significantly more cycling or skiing, I'll make sure to spend time practising




Hanna had to abandon a previous attempt to climb Everest when he was temporarily blinded

'When I got back to Base Camp after scaling Everest I still had 1,700m to go. There's a lot that can go wrong'

those disciplines. Fitness is very important, but I also think around 70% of climbing is in the mind. You can be the fittest person on earth, but if you don't have that mental strength you won't be able to handle it.

↳ Too much focus can hinder you

Climbing a mountain the size of Everest can take six weeks or longer, so it's important to be able to switch off and relax – you

can't be focused solely on reaching the summit for that length of time. I try to keep my mind occupied with other things, such as planning future trips. That makes it easier when you're spending four or five days at a time stuck in your tent not getting any nearer to your goal. 

Noel Hanna is an ambassador for Audaca skincare (audaca.com)

Climb every mountain

These tips from Hanna will help you to tackle any climb, no matter how large

1

DON'T OVERTRAIN

Working your body hard before a challenging trip might seem like a good idea, but it's easy to overdo it. Bear your upcoming exertions in mind and take it easy – your fitness should improve during the trip anyway.

2

TREAT YOURSELF

It may not be the most nutritious option, but it's worth taking plenty of treats to snack on during your trip. Eating powdered food can get very monotonous, so comfort food can give you a psychological boost at a crucial moment.

3

CHECK YOUR KIT

A lot of people leave for trips with new gear then, a couple of days in, they find their boots are giving them blisters. Always make sure everything works before you leave and check that clothing and footwear are comfortable.



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A-LIST FITNESS

HARD AND FAST

Welsh actor Luke Evans got in the shape of his life to take on The Rock and Vin Diesel in *Fast & Furious 6*

THIS MONTH'S STAR

Luke Evans

- **Where you've seen him** Playing chiselled Greek gods – he was Zeus in the fantasy epics *Immortals* and Apollo in *Clash Of The Titans*. He also starred as a young detective alongside John Cusack in historical thriller *The Raven*.
- **Where you're going to see him** Playing the title role in upcoming vampire film *Dracula* and as Bard the Bowman in the next two instalments of *The Hobbit*. He's also been lined up to star in the remake of *The Crow*.
- **What else** Evans built his *Immortals* physique in just seven weeks after getting a late call from director Tarsem Singh.

After a decade spent performing on the stages of London's West End, Luke Evans's career took a huge leap forwards when he was cast as the Greek god Apollo in 2010's *Clash Of The Titans*.

A string of Hollywood supporting roles followed – including another Greek god, Zeus, in *Immortals* – before Evans landed the role of villain Owen Shaw in the upcoming *Fast & Furious 6*. To get him in shape to go toe to toe with action legends Dwayne 'The Rock' Johnson and Vin Diesel, Evans recruited the services of Simon Waterson, a Royal Navy trainer who worked with Daniel Craig for *Casino Royale*. **MF** talked to him about his training and what it was like to take on the heavyweight stars of action cinema.

You've played some physically demanding roles. How hard was *Fast & Furious 6* in comparison?

Without a doubt this was the most intense, physical film I've ever done. The fight scenes in particular were incredibly demanding. I've always enjoyed training and going to the gym – it's part of my daily routine anyway – but during filming I'd be working out with my trainer in the mornings and then doing four or five hours with the stunt team in the afternoon. That's a lot of stress on the body and I was fucking knackered every day.

What kind of training did you do with the stunt team?

My character in the film comes from a Special Forces background, so he's very skilled in different fighting styles and martial arts. The stunt team wanted to make sure what I did in the film looked believable, so they incorporated a lot of fighting techniques from arts such as kung fu and krav maga that allow you to move fast and fight efficiently. I had to fight big guys like Vin Diesel, so it made sense for me to learn moves that would allow me to move faster than them.

You got in great shape to play Zeus in *Immortals* a couple of years ago. Have you been able to maintain your physique since then?

I stayed in really good shape after *Immortals*, which gave me a very good platform to start training for *Fast 6*. But the shape I was in for this film was ten times better than for *Immortals* – it's just a shame I didn't get to take my top off in it!

What did you do differently in the gym?

It was just a different form of training. My coach, Simon Waterson, and I had a good idea of what we wanted the character to look like. The aim was to achieve a lean, athletic physique, but not to put on too much muscle. I needed to be quick and flexible to do the martial arts in the fight scenes, which wouldn't have worked if I was huge.

What would a typical workout entail?

The workouts were often circuit-based, using multiple muscle groups, high reps and short rest periods to keep



Luke Evans in *Fast & Furious 6*, for which he didn't have to take his shirt off...

'I had to be quick and flexible for the martial arts scenes. It wouldn't have worked if I was too muscle-bound'

my heart rate up. I'd also do superset workouts to mix things up, using moves such as incline press-ups and dumbbell squats, weighted triceps dips and standing shoulder presses, lateral raises and bent-over rows or pull-ups and bench presses. Then we'd usually finish the sessions with different forms of abs work.

The body is very clever at adapting and finding more efficient ways to use less energy when performing certain exercises, so we constantly introduced new exercises to shock it and stop it from getting comfortable. After two or three weeks of strength training, I suddenly went from having a stomach to having an eight-pack. It was insane.

How much of a role did nutrition play in your training regime?

Diet is a massive part of it. Whether you're trying to bulk up or get lean, you've got to take care of what you eat. For *Fast 6* I was on a very high-protein diet, with minimal processed carbohydrates and low levels of sugar and salt. I cut out bread entirely and just tried to eat as clean as possible, with lots of vegetables and meat. I took lots of supplements as well, including protein shakes and complex amino acids to build and repair muscle, and omega 3s to help soothe my joints.



Fast & Furious 6 is on general release in the UK now



...unlike *Immortals*, in which Evans played a muscular Zeus



Evans achieved a lean, athletic look for his role

FAST AND FURIOUS FITNESS

Evans used these abs moves to sculpt an eight-pack



HANGING TWISTING KNEE RAISE

- ◊ Hang from a bar with your knees bent.
- ◊ Keeping them bent, use your lower abs to raise them until they're parallel with the ground, then twist them to one side.
- ◊ Return to the start, then bring your knees back up and twist to the other side.



GYM BALL WEIGHTED RUSSIAN TWIST

- ◊ Lie with your upper back on a gym ball with knees bent, holding a dumbbell in both hands straight above you.
- ◊ Keeping your core braced and arms straight, rotate to the side until your arms are at 45° to the ground.
- ◊ Return to the start, twist the other way and return to the start again. That's one rep.



SIDE PLANK STAR

- ◊ Lie on your side with one elbow beneath your shoulder.
- ◊ Raise yourself so your body forms a straight line from head to heels.
- ◊ Hold the position without letting your hips sag. Raise your top arm and leg.
- ◊ Hold for as long as possible without letting your hips sag.

Did you get to train with Diesel or The Rock?

No. Those guys have been training a long time and they brought their own trainers with them. But you could tell Dwayne works incredibly hard. He was always up early for training in the morning, and he was constantly eating between takes to maintain that incredible mass he carries. Obviously I could never get that big, but it was inspirational watching him. It's a lifestyle choice and he's so devoted to it. The man's amazing.

Are you training for a particular role at the moment?

I'm going to play Dracula and I'm on a completely different training regime for that. I'm building up to be bigger than I've ever been, which means spending more time in the gym but working at a slower pace because I'm lifting heavier weights. I've been doing it for about six or seven weeks and it's weird to see my body changing. I've actually had to join a new gym because they didn't have heavy enough weights at my old one! **MF**

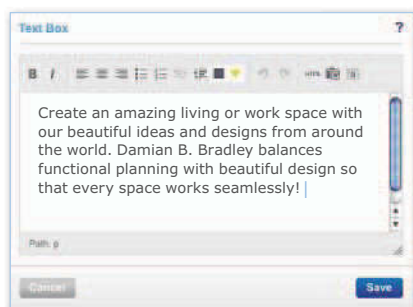
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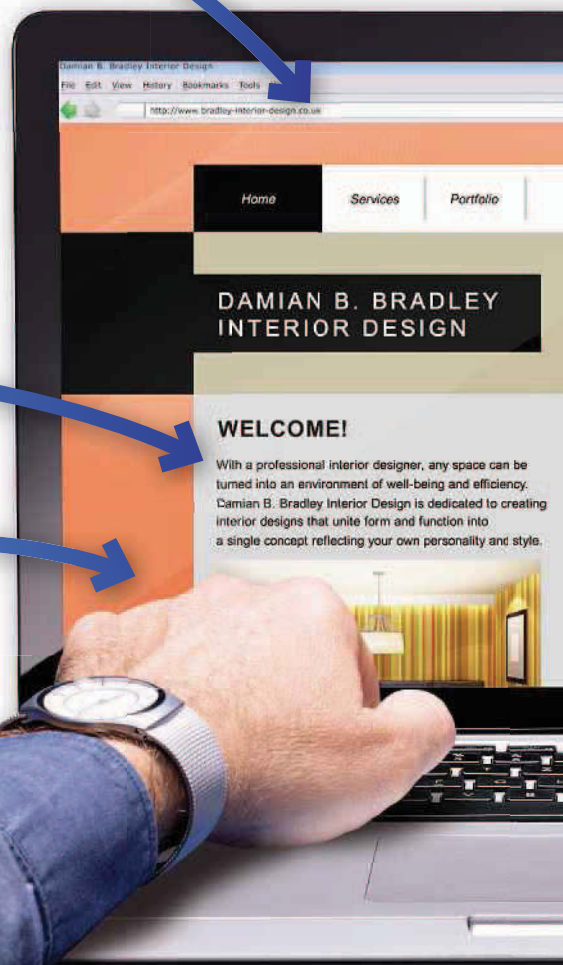
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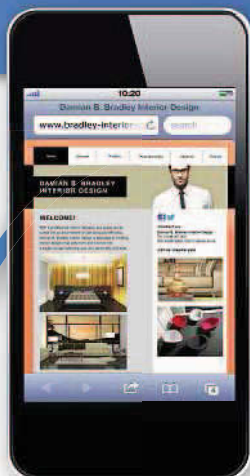
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FURTHER • FASTER • SMARTER

RACEFIT

»How your gait affects speed and injury risk **p52**

»Cycle faster with just four moves **p54**

»Boost your swim with the right wetsuit **p56**

»Get fit for your first triathlon in eight weeks **p58**



Wet and wild

Swim for better sex

»Forget oysters and other dubious aphrodisiacs – take up swimming if you want to boost your libido. All exercise releases feelgood endorphins to get you in the mood but swimming is one of the best, according to a Harvard study that found swimmers in their 60s reported sex lives as good as or better than that of the average 40-something.

Apart from that, swimming for at least 30 minutes three times a week will increase sexual endurance, according to the American Council on Exercise, while Cambridge University research showed women picked a swimmer as the most attractive male body type. Better sex for longer with women who really fancy you? Dive in now.

↓
Butterfly burns 150 calories in ten minutes, making it the most demanding stroke

Starting gait

What is gait and how does it affect your running? Gordon Crawford, a British triathlon champion and former coach for the Scottish national team, explains



Your running gait, comprising five phases, is the way your foot strikes and leaves the floor with each stride. Analyse yours and perform better.

» THE PHASES

Stance When your foot first strikes the ground.

Loading From when your heel hits the ground to the moment your forefoot touches down.

Mid-stance The point at which your heel starts to lift and the forefoot flexes.

Toe-off When your foot leaves the ground.

Swing The time between your foot leaving the ground and touching it again.

» THE GAIT TYPES

The foot has its own natural rolling movement, outwards or inwards, throughout the five phases. Injuries can occur when these rolling movements become exaggerated.

↓
The stance phase makes up 40% of your gait cycle when running

Normal pronation The foot rolls evenly, distributing the force of impact optimally, followed by an even toe-off. Those with normal pronation are often referred to as 'neutral runners'.

Over-pronation The foot rolls too far inwards, flattening the foot arch and stretching the muscles and tendons in the foot.

Under-pronation An excessively outwards roll, which places strain on the muscles and tendons that stabilise the ankle.

» THE SOLUTION

Whatever your running gait, wearing the right footwear

should ensure it doesn't cause any injuries or limit your personal best.

A normal pronator will do best in a stability shoe that offers moderate pronation control, such as the Mizuno Wave Rider 16. Over-pronators need a motion-control shoe that limits inwards roll, such as the Asics GT 2000, while under-pronators require a neutral-cushioned shoe such as the New Balance 880 to encourage a more balanced foot motion.

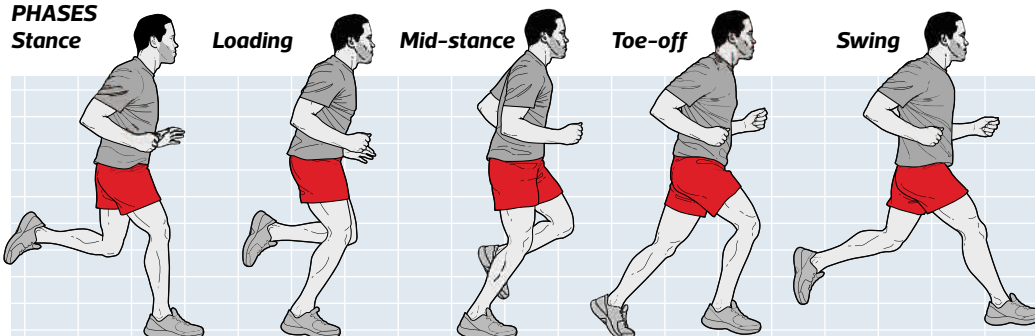
Most specialised running shops will use video gait analysis to determine which is the best running shoe for you. This involves running on a treadmill while your feet are filmed, then slowing down the footage to analyse it in detail. You'll try a variety of shoes according to the results.

If any problems or pain persists, you should consult a podiatrist for further advice. **MF**

SMART CARDIO POSE

Want your running to be efficient and injury-proof? Adherents of Pose, the running style popularised by Dr Nicholas Romanov, insist that harnessing your natural energy by 'falling' forwards into every step will reduce energy expenditure. They also say it makes your running style more natural, putting less strain on your muscles and decreasing your risk of injury. In practice, the only study done on Pose – by the University of Cape Town – saw more than half its participants suffer foot-related injuries in the short term, although knee shock absorption was significantly lower so Pose may prove beneficial in the long run.

PHASES



2,665

800

800

800

265

The average calories burned during an Olympic-distance triathlon (excluding transitions) is equal to doing 3.3 10K runs

Words: Max Anderson Illustrations: Sudden Impact Photography: Danny Bird Nike Free 5.0+ (pictured) available from store.nike.com

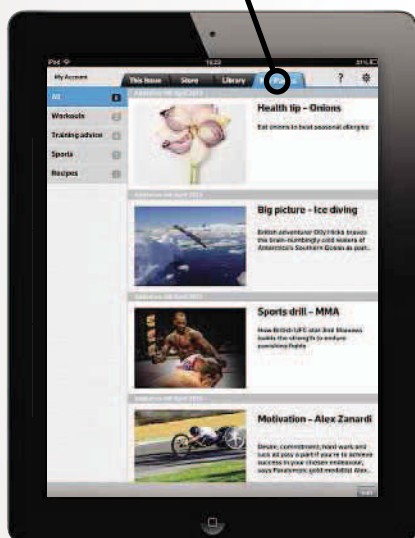
For MF's comprehensive guide to running go to mensfitness.co.uk/links/getrunning

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Pedal power

Boost your cycle power and endurance with these bodyweight leg exercises

THE COACH



Simon Ward has helped more than 200 triathletes complete Ironman events. He's also a strength and conditioning specialist. See thetriathloncoach.com.

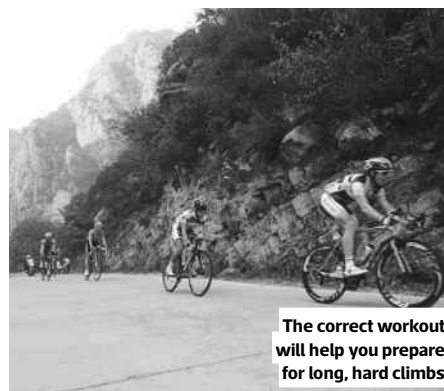
THE GOAL

'In cycling, strength alone isn't much use,' says Ward. 'You need power endurance to pedal hard for a long duration. Because your legs are used to support your bodyweight, it's difficult to develop leg strength and power without additional load. That doesn't mean it's impossible – you just need to be creative.'

This workout uses high reps to mimic a long period of hard pedalling. With every move other than the burpee, ensure that the lowering phase takes two seconds.

THE WORKOUT

» Do the moves one after the other with 60–75 seconds' rest between sets. Start with the beginner amount of sets and reps. Once these are no longer pushing you to your limit, move up to the next level.



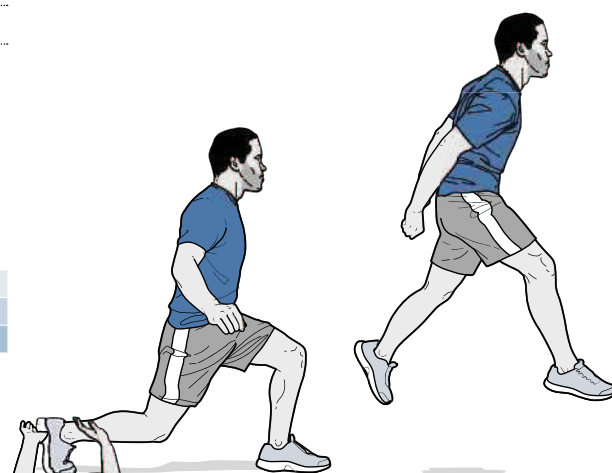
The correct workout will help you prepare for long, hard climbs

1/Jump lunge

- Start in a deep lunge position.
- Jump into the air, switching your front and back legs.
- Land back in a deep lunge.
- As you improve, work on transitioning smoothly between jumps.

»Levels

Beginner 2x10 singles
Intermediate 2x10 continuous
Advanced 3x10 continuous

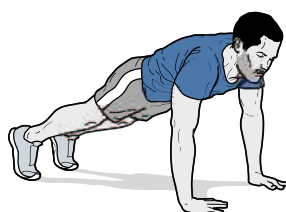


2/Burpee

- Begin in a standing position with your feet shoulder-width apart.
- Crouch down, put your hands on the floor and kick your feet back until you're in a press-up position.
- Reverse the movement and finish with a jump, clapping your hands overhead.

»Levels

Beginner 2x10
Intermediate 2x15
Advanced 3x20

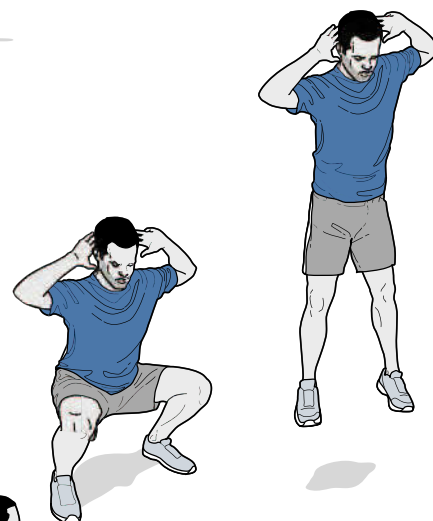


3/Jump squat

- Begin with your feet shoulder-width apart.
- Squat until your hips are just above knee height.
- Drive upwards and jump clear off the floor.
- Soften your knees on landing and reset between jumps.

»Levels

Beginner 2x10 singles
Intermediate 2x10 continuous
Advanced 3x10 continuous



4/Step-up and knee drive

- Place your right foot on a box set at a height that means your knee is level with your hip and your thigh is parallel to the floor.
- Push up from the box and straighten your right leg. Raise your left knee until your left thigh is parallel to the floor.
- Lower your left leg until you are standing on the box with both feet together.
- Step off the box by lowering your right foot slowly to the floor. Repeat on the other leg.

»Levels

Beginner 2x20 singles
Intermediate 2x20 continuous
Advanced 3x20 continuous

For Christian Vande Velde's pro cycling workout go to mensfitness.co.uk/links/vandavelde

THE TOTAL
PACKAGE

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Bikes, footwear, apparel, helmets, you name it. On land no other brand has you covered like we do. As soon as you are out of the water, you'll step into our world and find yourself comfortably equipped to perform at your best. Available at Authorized Retailers Worldwide.

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Marino Vanhoenacker, Sebastian Kienle, Luke McKenzie, Christian Brader, Cyril Vienneot and Jan van Berkel.



Strong suit

Improve your triathlon swim stage time with a high-performance wetsuit

↓
Wearing a wetsuit has been shown to reduce 1,500m swim time by 70sec

Why you need a wetsuit

'Wetsuits are mandatory in British triathlons,' says veteran pro triathlete Tim Don. 'You'll need one to keep you from turning into a giant ice cube, while the extra buoyancy across the backside and thigh areas keeps you high in the water, reducing drag as you power along.'

» X:3 Project: X £665

The X:3 has the key features you should look for in a triathlon wetsuit: great flexibility and enhanced buoyancy. Strategically placed stretch panels and thinner neoprene on the shoulders ensure your movement is unrestricted, helping to maintain a correct swimming form. Extra buoyancy is also guaranteed thanks to the front panel and a special all-over coating, with the option to use foam inserts to elevate your body position in the water even more. The easy-to-reach, quick-action zipper and stretchy ankle and wrist cuffs are engineered to allow you to get the X:3 off as quickly as possible during the swim-to-cycle transition. This wetsuit won't just make you look like some kind of aquatic superhero – it will help you cross the finish line faster.

2xushop.co.uk

Different strokes Find the suit to suit your budget

A Speedo Event €210 (around £195)

This entry-level suit's features include seam-free panels for comfort and drag reduction. Its flexible underarm areas also ensure freedom of movement around your back and shoulders.

speedo.com

B Orca 1.5 Alpha Male £485

Designed to shave seconds off your time, this suit has forearm panels that give you more pull power. The zipper is quick to use, while high-grade neoprene keeps movement unrestricted.

orca.com

C HUUB Archimedes £495

Available with two different levels of buoyancy depending on your swimming ability, the Archimedes encourages body alignment and allows plenty of joint flexibility.

storehuubdesign.shptron.com



For reviews of tri suits go to mensfitness.co.uk/links/trisuits

WE CHOOSE HUUB



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Three for all

Triathlons aren't for superhumans – anyone can complete one with the right training

» The sprint is the best way to dip your toe into the waters of triathlon training – it's not too intimidating but, with a 750m swim, 20km bike leg and 5K run, getting a decent time is still a challenge. This plan, put together by Team GB age group athlete Felicity Cole, will whip you into shape in a couple of months, especially if you start from a decent base.

'Focus on improving your cycling technique,' says Cole. 'This will help you get significantly faster during the longest stage of the race, so it'll make a huge difference to your overall time.'

TRI HARD

Looking for a race? Try these

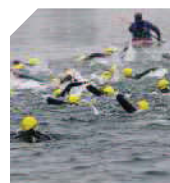


» VIRGIN ACTIVE LONDON TRIATHLON

28th July

The world's biggest triathlon, with a relatively straight bike route that's great for securing a PB and one of the finest tri-villages in existence. Because of its size, you'll be bumping shoulders with hundreds of other entrants – so transition practice is essential.

thelondontriathlon.com



» COTSWOLD SPRINT TRIATHLON

8th September

The ideal novice triathlon. The placid waters of Cotswold Water Park's lake are the perfect bridge between a swimming pool and full-on open water, and the cycle leg is on flat country roads.

triferris.com/cotswold



» HSBC TRIATHLON

15th September

Dorney Lake in Berkshire was the venue for the 2012 Olympic rowing and canoeing – and it's also one of the UK's best and most popular tri locations.

This event features both sprint and super-sprint triathlons with flat bike and run legs.

humanrace.co.uk

↓
Too hard? Try a super sprint:
400m swim,
10km bike,
2.5km run





YOUR EIGHT-WEEK SPRINT TRIATHLON PLAN

Prepare for a sprint tri in less than two months with coach Felicity Cole's training programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Swim 200m warm-up, then 10x50m at level 7 with 20sec rest. Bike 30min-1hr at level 4.	Run 30-40min at level 5. Conditioning workout.	Bike 30min-1hr ride with 3-5x5min efforts at level 7.	Swim 200m warm-up, 400m at level 5. Conditioning workout.	Rest	LACTATE THRESHOLD INTERVALS Bike 2-3min at level 10, 6-9min rest, repeat x4-6. Run 20-40min with short bursts of effort.	Swim 5min easy swimming, 6x25m at level 8, 30sec rest, repeat. Run Warm-up then 3x1km efforts at level 8 with 3min recovery.
WEEK 2	Swim 200m warm-up, then 12x50m at level 7 with 20sec rest. Bike 30min-1hr at level 4.	Run 30-45min at level 5. Conditioning workout.	Bike 30min-1hr ride with 3-5x5min efforts at level 7.	Swim 200m warm-up, 500m at level 5. Conditioning workout.	Rest	LACTATE THRESHOLD INTERVALS Bike 2-3min at level 10, 6-9min rest, repeat x4-6. Run 20-40min with short bursts of effort.	Swim 5min easy swimming, 8x25m at level 8, 30sec rest, repeat. Run Warm-up then 3x1km efforts at level 9 with 3min recovery.
WEEK 3	Swim 200m warm-up, then 15x50m at level 7 with 20sec rest. Bike 45min-1½hr at level 4.	Run 30-50min at level 6. Conditioning workout.	Bike 30min-1hr ride with 3-5x5min efforts at level 7.	Swim 200m warm-up, 600m at level 5. Conditioning workout.	Rest	LACTATE THRESHOLD INTERVALS Bike 2-3min at level 10, 6-9min rest, repeat x4-6. Run 20-40min with short bursts of effort.	Swim 5min easy swimming, 10-12x25m at level 8, 30sec rest, repeat. Run Warm-up then 4x1km efforts at level 8 with 3min recovery.
WEEK 4	Swim 200m warm-up, then 20x50m at level 7 with 20sec rest. Bike 45min-1½hr at level 4.	Run 30min-1hr at level 6. Conditioning workout.	Bike 10min warm-up, 20-40min at race pace, 10min warm-down.	Swim 200m warm-up, 800m at level 5. Conditioning workout.	Rest	LACTATE THRESHOLD INTERVALS Bike 3min at level 10 with 3min recovery, repeat x5. Run 5min with 2-3min recovery, repeat x4.	Run 30min with occasional bursts of speed. Swim 25min at level 2.
WEEK 5	Swim 200m warm-up, then 20x50m at level 7 with 20sec rest. Bike 1-2hr at level 4.	Run 30min-1hr at level 6. Conditioning workout.	Bike 3min at level 10 with 3min recovery between, repeat x8. Run 4x5min at level 7 with 2-3min recovery.	Swim 200m warm-up, 800m at level 5. Conditioning workout.	Rest	BRICK Bike 10min warm-up, 20-40min at race pace. Run 15min immediately afterwards.	Run 30min with occasional bursts of speed. Swim 25min at level 2.
WEEK 6	Swim 200m warm-up, then 25x50m at level 7 with 20sec rest. Bike 1-2hr at level 4.	Run 30min-1hr at level 6. Conditioning workout.	Bike 3min at level 10 with 3min recovery between, repeat x8. Run 4x5min at level 7 with 2-3min recovery.	Swim 200m warm-up, 1km at level 6. Conditioning workout.	Rest	BRICK Bike 10min warm-up, 20-40min at race pace. Run 15min immediately afterwards.	Run 30min with occasional bursts of speed. Swim 25min at level 2.
WEEK 7	Swim 10x50m at level 7 with 20sec rest.	Run 20-30min at level 8. Conditioning workout.	Bike 20-30min at race pace. Transition practice.	Swim 200m warm-up, 500m at level 7. Conditioning workout.	Rest	Bike 3min at level 8 with 3min recovery between, repeat x6.	Rest
WEEK 8	Swim 200m at level 5. Bike 10-20m at level 5. Transition practice.	Run 10-20min at level 5.	Swim 200m at level 5.	Rest	Rest	Run 10-15min slightly faster than race pace.	RACE DAY

EFFORT LEVEL

- 0-3 Easy, up to a gentle pace
- 4-5 Able to hold a conversation
- 6-7 Getting out of breath
- 8-9 Can't talk, uncomfortable
- 10 Flat-out sprint

KEY

» Conditioning

If you've got time, include a 15-30min workout once or twice a week, focusing on core stability and upper-body moves such as planks, press-ups and chin-ups. Your legs are getting enough of a workout already.

» Brick sessions

In the final few weeks you'll want to get your legs used to the transition from bike to run by doing 'brick' sessions, which means jumping straight off the bike and running on wobbly legs.

» Transition training

Seconds can be gained or lost in the transition phases. Practise changing your shoes or suit and how you're going to mount and dismount your bike.



Over 50% of the global population suffers from dandruff at one point in their lives.

We lose up to 30,000 skin cells per hour from our body. Visible flakes are clumps of these cells on the scalp that accumulate when we have dandruff.

The Gillette Fusion ProGlide SilverTouch has blades that are thinner than a surgeon's scalpel, which helps to reduce pull on facial hair during shaving, a leading cause of skin discomfort.

Don't rinse your mouth with water after brushing your teeth. Why? Because most toothpastes have active ingredients that continue to clean your teeth after you finish brushing.

It took over 15 years, 500 scientists and 10,000 clinical patients across over 100 clinical and scientific studies to develop and perfect Oral-B Pro-Expert toothpaste.

Dry beard hair can have the strength of copper wire and it's 1,000 times stiffer than skin. To soften it before shaving, wash your face and neck with warm water and a gentle soap.

SMART GROOMING

Look and feel great every day with these intelligent grooming tools

Looking good isn't something that should be left to chance – successful men are confident in their appearance. So kick your daily grooming routine up a notch with these everyday products, each of which has been carefully engineered to help make your life easier.



Most men know it's important to keep the skin on their face and bodies moisturised – but many don't realise this applies to their scalp too, even though a dry scalp can lead to dandruff. Help keep your dandruff at bay with this nourishing daily conditioning shampoo.

HEAD&SHOULDERS 2IN1 ITCHY SCALP CARE SHAMPOO
RRP £2.79 for 225ml*

78% An abundance of pyrithione zinc in head&shoulders makes it 78% more effective at eliminating dandruff than regular conditioner

1 in 2 men suffer from an itchy scalp caused by dandruff at some point in their life



Are you one of the 50% of people affected by thinning hair? Nioxin is a tailor-made hair treatment regimen that cleanses, optimises and helps to protect your scalp and hair. This process reduces breakage and strengthens the hairs' structure to make hair look thicker and fuller.

4 in 5 of people concerned about thinning hair said Nioxin protected their hair from damage**

70% of people who tried Nioxin noticed that their hair looked thicker and fuller in 30 days**

On average men spend 20 minutes on their appearance each morning and a total of 780 hours (more than a month!) of their life shaving, so it's worth using products designed to make your life a little bit easier†



Shaving isn't much fun if you have sensitive skin, which 60% of British men do*. Made with Teflon for a smooth finish, Gillette's Fusion ProGlide SilverTouch reduces tug and pull**, making it great for sensitive skin – in fact, it's endorsed by the British Skin Foundation.

GILLETTE FUSION PROGLIDE SILVERTOUCH
RRP £14*

64mm

A man's beard hair grows at an average rate of 64mm a month

8 metres The amount of facial hair you'll grow over a lifetime



Three out of four people in the UK don't brush effectively, but this electric brush's personalised cleaning coach will help. Its brush head combines three sections so whatever way you brush (side to side or round and round) you'll remove more plaque than you would with a manual toothbrush.

ORAL-B TRIZONE 5000
RRP £199.99*

1 in 3 Your chance of losing a tooth if the gum bleeds regularly

1969

The year Oral-B put the first toothbrushes on the Moon, when they were used by Apollo XI astronauts



After a weekend on the go the Monday morning shave can be daunting. Trimming longer hairs can cause skin irritation but the Braun Series 3-380's 'free float system' delivers a gentle, effective shave. The trimmer length is adjustable for precision areas and waterproof for use in the shower if you're in a hurry.

BRAUN SERIES 3-380
RRP £139.99*

4 million The average number of hairs your Braun shaver will cut each year

Men shave an area of 300cm² per shave. Over a period of 60 years, that's equivalent to the surface of two tennis courts





DOUBLE THE POWER

One's an Olympic gold medallist, the other is a world champion. Alistair and Jonathan Brownlee speak exclusively to *MF* about how sibling rivalry made them into the best triathletes in the world

Words **Mark Bailey**

Tuesday 7th August 2012 was the day when the UK fell in love with triathlon. Devotees already knew about the drama, the tactics, the flying elbows in the swim and the wobbly legs on the run – but for most of the country, watching Brownlee brothers Alistair and Jonathan battle their way to the front of the pack was a scorching introduction to the event. After taking bronze to Al's gold, Jonny won the 2012 world championships in Auckland, cementing the pair's place at the top of the triathlon world. They talked to *MF* about life after becoming household names, their future goals and getting free karaoke machines.

THE OLYMPICS

The triathlon at London 2012 saw Alistair win gold in Hyde Park in 1hr 46min 25sec ahead of Javier Gómez, while Jonny had to settle for bronze after a 15-second penalty for mounting his bike too early in transition. Both experienced serious fatigue at the finish line.

Alistair Winning a gold medal at a home Olympics was an incredibly proud moment for me. I'd obviously trained very hard to reach that point, and I was overwhelmed when it hit me. It probably looked like I was soaking it all up when I slowed down near the finish line but the truth is I was just knackered. I can't remember crossing the line and I really wish I could remember it more. .

Jonny Standing on the podium with my brother and picking up my bronze medal was obviously the highlight, ➤

but funnily enough my main memory is actually from when we arrived. We started warming up on the course which was cordoned off, then we turned a corner and we suddenly saw crowds ten people deep on both sides all shouting our names and cheering. I remember thinking, 'Wow, this is an experience like never before'.

Alistair It proves there has been a big shift in the perception of triathlon in Britain. People thought it was a sport that only mad people do, but now everybody realises it's a popular sport that anyone can have a go at. Everyone knows somebody who has done a triathlon to get fit or for a charity so it's more accessible.

Jonny I collapsed on the line and I was taken into a hut to cool down. I put my presentation jacket on and I just remember thinking, 'Something doesn't feel right here'. I felt really hot, stepped outside and passed out. I was in a bad way for about an hour but it went quite quickly for me because I was so out of it. I can't remember much of the ceremony. I felt weird – a bit drunk almost. I remember saying sorry to everyone for delaying it all. I'd love to go back and do it again, but I can't.

Alistair I think I told him to man up or something like that. I didn't think there was much wrong with him.

Jonny Alistair is the expert at that kind of thing because he's collapsed a few times before.

OLYMPIC AFTERMATH

Following the euphoria of the race and the spectacle of the closing ceremony, the Olympic medallists returned to their everyday training – and the world triathlon championships, which were moving towards the final stages.

Alistair The closing ceremony at the Olympic Stadium was pretty special – it was a great celebration of how good the Olympics had been. When it was all finished we had an amazing reception wherever we

went. We went back to Bramhope, the village where we live, and there were people waiting for us in our road which is normally really quiet. Then we had a homecoming reception at Millennium Square in Leeds and thousands of people turned up to that too.

Jonny Yorkshire people are proud of where we're from and getting that welcome from locals was brilliant.

Alistair We got sent all sorts of random stuff: kettles, toasters, food – even a karaoke machine. Seriously, we got so much free stuff! It was a mix of things from sponsors and from fans too. One old man sent us a tenner in an envelope. He just wrote to us saying 'well done' but there was no return address. It was a really kind gesture.

Jonny After the Olympics I was straight back into training for the world triathlon championships in October. It

was pretty special to cap off a great year by becoming world champion. Afterwards, I stayed on to travel around New Zealand. It's a beautiful country. I did some trekking and skiing and travelled around in a camper van, which was brilliant.

'I was in a bad way. I can't remember much of the ceremony. I remember saying sorry'
– Jonny on the Olympics

Alistair I didn't actually

see Jonny win. I was in Brazil while he was suffering in New Zealand. For a week I was just relaxing on Copacabana beach because I had just had my appendix out. I caught up with some local triathlon clubs in Rio and São Paulo which was cool.

LIVING WITH GOLD

Triathlon's newfound popularity plus the huge success of the Olympics in Britain meant that the Brownlees had to adjust to life as celebrities – even heroes. But once the gold paint on the postbox had faded, what would life be like for these hardworking brothers?

Jonny When we both came back I moved into my own house. We used to live together in Al's house but we'd been living on top of each other and we felt a

Alistair runs towards triathlon gold at the 2012 Olympics

Road To Victory

How the Brownlee boys claimed their pair of podium spots

Triathlon is a race of tactics – and Stuart Hayes, the third member of the Team GB squad, was crucial to the Brownlee brothers' success in 2012. Here's how it all broke down.

START

1 Everyone sets off fast on the swim – the Brownlees are slightly off the pace, with serious contender Javier Gómez in second as he rounds the first buoy.



2 The boys stay in splashing distance of race leader Richard Varga as they round the second set of inflatables.



3 Both are still in the lead group as they leave the water. Hayes, picked to support them on the bike leg, is not far behind.



4 By the end of the second bike lap, the lead group are 18 seconds ahead of the nearest chasers, with Hayes leading the effort to catch them.



5 Just as Hayes catches up, allowing the Brownlees to recover their energy by 'drafting' behind him, Jonny is hit with a 15-second time penalty for mounting his bike too early.





6 Alistair attacks on the sixth lap, breaking away from the pack. He's quickly reeled in, but looks confident – apparently he was testing the opposition's legs.



8 After an uneventful three laps, sudden drama – Jonny drops back while Al attacks, putting a 10m lead on Gómez, who goes with him.



10 Al grabs a British flag with 200m to go, then walks it over the line, 11m ahead of Gómez. Jonny staggers home in third.



7 The Brownlees are second and third behind Frenchman Vincent Luis in the transition to the run. They quickly take the lead.



9 Jonny takes his penalty, accepting that he won't win silver ahead of Gómez. He still has a clear lead over fourth place as Al leads with a kilometre to go.



FINISH

bit cramped – as you can imagine we have a lot of bikes and kit so it is nice to have a bit more space. But we still train together every day, and my place is literally only 500m up the road so it's not like we're a million miles away from each other.

'When we came back I moved into my own house. We used to live together and we felt a bit cramped'
– Jonny on the post-Olympics priorities

Alistair I still have the endless pool I built in my garden before the Olympics to help me recover from my achilles injury earlier in the year – it looks like a huge spaceship has landed in my garden. I am trying to move it on at the moment but it's hard to know what to do with it.

Jonny We still eat together all the time too. We are quite relaxed about nutrition generally. We had fish and chips not long before the Olympics. That's one of the best things about triathlon training: you can eat all the good food. I do eat healthy food and lots of fruit and vegetables, but we're burning so many calories we can be relaxed.

Alistair Neither of us are exactly masters in the kitchen but I like to cook...

Jonny I try to cook more often than him, but his cooking is a bit fancier. Our parents cook for us a lot. Our neighbour, Jan, often cooks us dinner. We also eat at the Chevin Hotel which is nearby and does good food. To be honest, we don't really need to cook that often.

BACK IN TRAINING

Alistair and Jonny couldn't simply bask in the glory of the year's achievements. As the 2012 season ended, they were both already planning their winter training and looking to improve where they could.

Alistair In winter our training tends to be a bit more relaxed than during the race season. It's nice to mix things up when the weather is bad, so we do mountain biking and things like that. If anything, we tend to do longer endurance stuff rather than intensity work. I'd like to say we have a few more coffee breaks on our winter bike rides but we do that all year round to be honest.

Jonny We had a training camp in Fuerteventura too. We love Yorkshire but it can get bloody cold. When we're over there we just get back into normal training – 35 hours a week, with eight hours of swimming, ten hours of running and 17 hours of cycling.

Alistair I love being outside so it's tough to get through swimming in indoor pools. We're lucky that the local scenery in Yorkshire is so beautiful – it really helps you to get out of bed every day – but we don't have that luxury with the swimming. I think if I had to train indoors every day I wouldn't be here.

Jonny in action during the 2012 world triathlon championships

Brownlees vs the world

How the boys' best performances compare to the specialists

17min 2sec

Jonny's time in the open-water swim, compared with world record holder Sun Yang's 1,500m time of 14min 31sec in a pool

42km/h

Al's average speed in the 43km bike leg. Olympic road race champ Alexander Vinokourov's average speed was 43.5km/h

29min 7sec

Al's 10K time in London, just 97 seconds slower than Mo Farah's gold-winning performance



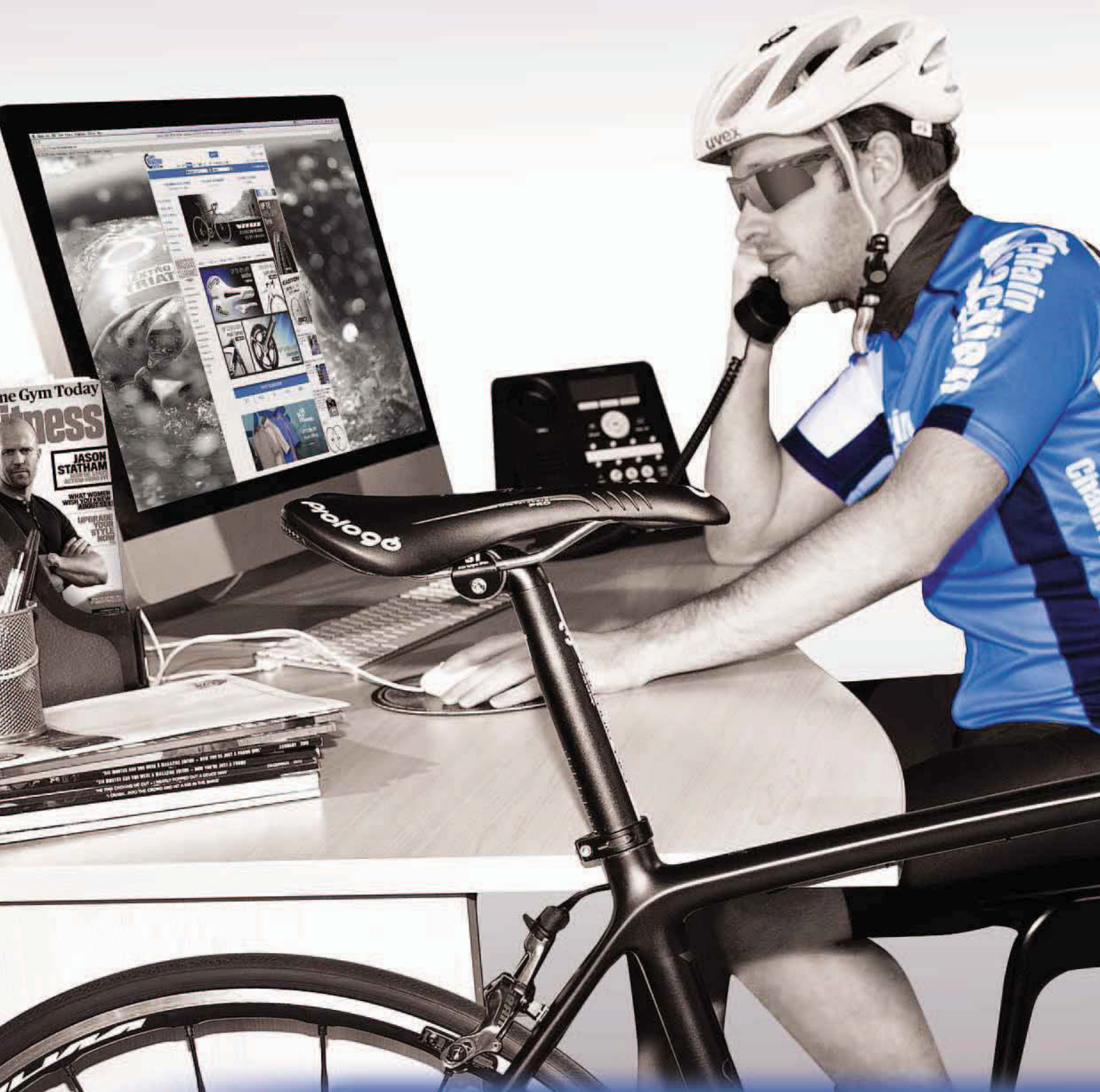
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Alistair finished 12th in Beijing in 2008, the same year he won the under-23 world title

Jonny Yeah, with pool swimming you feel like you're not going anywhere. It's very much about getting through each session. I enjoy the challenges of swimming but that is definitely the hardest part mentally.

Alistair We do some other gym training indoors but it's mainly core stuff and things like ankles, calves and lower back. It is very specific injury-prevention training rather than muscle-building.

Jonny We do very similar training really, but we have weaknesses in different areas so we sometimes tweak things. Al suffers with his ankles whereas mine are quite strong. I have a weaker back and he is stronger there. So we will do different work in the gym.

Alistair The only other difference is I am a bit more laid-back and not so organised. It probably comes from being a bit older and knowing what works. He'll get up and I'll still be in bed, then just get out a few minutes before we're ready to go.

PUSHING AHEAD

Both brothers have been world champion, and they've both won Olympic medals. There's surely plenty of triathlon success ahead for them – but they have other things in mind for the future as well.

Jonny I just want to get even stronger in 2013 than last year. Each year I like to sit down with my coach

'I'd love to see how I get on with a 10K on the track. I'm keen to try an Ironman in the future as well'
– Alistair on future challenges

and look at new aims and specific things to target or work on for the next season. I don't like to sit still. That's when you start losing. It's the same for amateur triathletes.

Alistair My aim for 2013 is just to have an injury-free year. I've always had a few injuries that have bothered me so that would be my dream. I am already thinking about doing a few new challenges too. Obviously because I did quite a good 10K time in the Olympic triathlon [see the box on p64], people have been talking about me trying that. I'd love to see how I get on with a 10K on the track and I'm keen to try an Ironman event in the future as well.

Jonny The best advice I can give anyone about how to improve is to do consistent training. It's better to do regular training all year round than cramming it all in before an event. You'll learn more about your body and have more time to figure out where and how you can improve. There is no secret to our training other than hard work. **MF**

Alistair and Jonny Brownlee were speaking at the launch of the first ever Adidas inline range of Adidas cycling apparel. For more information go to wiggles.com or join the conversation @adidasuk

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TOO GOOD TO BE TRUE?

FOR DECADES, EXPERTS HAVE BEEN USING SCIENTIFIC-SOUNDING JARGON TO MAKE IMPLAUSIBLE BODY-RESHAPING SEEM POSSIBLE – BUT IS IT? *MF* SELECTS THE MOST OUTLANDISH THEORIES, PAST AND PRESENT, AND REASSESSES THEM WITH EXPERT HELP

Words **Joel Snape**



The results of dynamic tension training – if you believe Charles Atlas (pictured)

The Atlas Method

→ The claim

'Go from scrawny to ripped using dynamic tension!'

→ The science

In adverts aimed squarely at the kids-sick-of-being-bullied-at-the-beach demographic, Charles Atlas offered to pack muscle on to a generation of comic readers via 15 minutes of 'dynamic tension' a day. The premise: by pushing (say) your hands together as hard as possible, you can force your muscles to contract incredibly hard, forcing growth.

→ The flaws

Atlas, born Angelo Siciliano, didn't get his muscles from pressing his hands together: he got them from traditional barbell, dumbbell and cable exercises. Also, his rationale for the method, 'Tigers don't use weights to get muscular,' makes absolutely no sense at all.

→ Make it work for you

Atlas might have been sparing with the truth about his physique, but the principles behind dynamic tension – or isometric training, as it's commonly known – are fairly sound. 'Isometric exercises can be a great way to build strength and break through plateaus,' says bodyweight training specialist Andy McKenzie (ironmacfitness.com). 'Try hanging from a bar for as long as possible after a set of chin-ups, or holding the bottom position of a press-up to build arm strength.' You can also do them with weighted exercises – say, by holding the bottom position of a squat.

The Colorado Experiment

→ The claim

'Add 30kg of muscle in 28 days!'

→ The science

Arthur Jones, the inventor of the Nautilus range of exercise machines, spent a month getting test subject Casey Viator to bulk up, using a single set of high-intensity reps for each body part to cause 'momentary muscle failure'. The pair focused on negatives, or getting assistance to lift a weight then lowering it excruciatingly slowly.

→ The flaws

Viator had already been a successful bodybuilder and dropped 15kg of muscle (not intentionally, but as the result of an allergic reaction to tetanus medication) before the experiment, which meant he was regaining muscle rather than putting it on for the first time. There's also speculation that he did extra training sessions outside of the Nautilus-prescribed ones.

→ Make it work for you

Viator and Jones might have been exaggerating their results, but negatives will work for anyone. 'Try it with chin-ups,' suggests trainer Sean McPhillips (supremetraining.co.uk). 'Jump to the top position, then spend up to 30 seconds lowering yourself into a hang. It's a great way to stimulate muscle growth.' Just don't make any drastic arm-related plans for the next couple of days.

The Tabata Protocol

→ The claim

'Increase your VO_2 max in just four minutes a day!'

→ The science

In a 1996 study, Professor Izumi Tabata convinced Olympic speed-skaters to strip their workouts down to 20 seconds of high-intensity cycling, followed by ten seconds' rest, repeated eight times in a row. They trained this way four times a week,

with one day of steady-state exercise, and saw greater increases in VO_2 max than athletes doing five days of 'traditional' steady-state training.

→ The flaws

There are two minor problems with Tabata-style training. First, you're not an Olympic athlete, so you can't push yourself as hard as they do for 20 seconds. Second, the protocol was only tested with exercise bikes and is aimed at exercises that increase cardiovascular endurance. If you see a workout labelled 'Tabata Press-ups', it's nothing to do with the protocol.

→ Make it work for you

Select your Tabata moves carefully. Haven't got a bike? 'Try front squats,' suggests renowned strength coach Dan John (danjohn.net). 'Pick a very light weight – 30kg is enough – and aim to get at least eight reps per interval. That thing you're scraping off your face at the end of your four-minute workout? It's the floor.'

Mike Mentzer's Ideal Routine

→ The claim

'Pack on muscle in five sets a workout!'

→ The science

According to heavyweight Mr Olympia Mike Mentzer, muscular hypertrophy – ie getting bigger – is related to the intensity of a workout, not its duration. Mentzer's original programme, Heavy Duty, recommended seven to nine sets per workout, three days a week, but he stripped things down further to five sets, focusing on working his muscles to complete, floppy-armed failure.

→ The flaws

This style of workout, known as high-intensity training (or HIT), certainly has its benefits but isn't for beginners. Mentzer spent years building his tolerance before he could work hard enough to force his muscles to grow in just 20 minutes every few days. Experienced trainers might use it to break through a plateau, but casual gym-goers might find a more practical way to train.

→ Make it work for you

The idea of an ultra-minimal workout isn't necessarily bad. 'Most people put too many moves in workouts and half-arse all of them,' says McPhillips. 'Select two or three bang-for-your buck moves and go for them. Try picking a weight you can almost manage for ten reps, then going for 30, in as few sets as possible.'



Unorthodox methods
claiming amazing results,
like Atlas's, still appear today

The Paleo Diet

→ The claim

'Get a six-pack... by eating like a caveman!'

→ The science

Although we've invented agriculture, low-fat yoghurt, sandwiches and Rice Krispies in the past few millennia, our bodies are still stuck in the Stone Age. Specifically, we're still biologically adapted to exist on the diet of wild plants and animal flesh that would have been available to our neolithic ancestors. In simple terms, the argument comes in two parts: first, we're ill-suited to eating huge amounts of carbohydrates and sugar. Second, grains and similar food contain gut irritants such as lectin, which can ruin digestion and cause inflammation. Stick to things that a caveman would have eaten, such as vegetables, berries, nuts and slabs of meat.

→ The flaws

The Paleo diet has been successful for thousands of adherents, but the science isn't as clear-cut as it sounds. Everything from cows to broccoli has been 'engineered' by selective farming to produce more edible parts than a caveman would have ever seen. 'It's almost impossible for billions of people to eat like foragers,' says Christina Warinner, author of a TEDx talk entitled 'Debunking Paleo'. 'Agriculture doesn't work that way.'

→ Make it work for you

It may be impossible to eat exactly like a caveman, but there are still important lessons to be taken from Paleo. 'We're evolved to eat fresh food,' says Warinner. 'Preservatives work by inhibiting bacterial growth, but what do they do to the "good" bacteria in our digestive system? We really don't know.' There's another reason to head for the veg aisle too: 'We're built to eat whole foods – the phytochemicals and fibre in them are as essential as the vitamins and minerals.'

Intermittent Fasting

→ The claim

'Get lean but stay muscular – by skipping meals!'

→ The science

After years of preaching the six-meals-a-day mantra, experts are veering in the opposite direction. Advocates of intermittent fasting (IF) claim that by fasting for various intervals you can drop fat and maintain muscle, with possible benefits including reduced stress and inflammation and better appetite control. Adherents practise everything from 16/8 – restricting the 'food window' to eight hours a day – to weekly 24-hour fasts.

→ The flaws

Actually, it works. But there are caveats. 'Just skipping meals or days of eating is a recipe for disaster from both a health and muscle perspective,' says Dr John Berardi, who used IF to take his body fat down to an ultra-lean 4%. 'The rules of good nutrition still apply in terms of what you eat and how much.' In other words: fasting isn't a licence to gorge on doughnuts and you still need to eat enough to build muscle during your feeding window.

→ Make it work for you

Fasting works, but you need to tweak it to minimise muscle loss. 'On my fasted days, I'd take BCAAs pre-workout to maintain muscle,' says Berardi. 'Also think in terms of calories per week rather than per day. If I need 2,500 a day, that's 17,500 a week, which I can split up in all sorts of ways.' The biggest benefit of the research on fasting is it makes life more convenient, by proving meal frequency is about personal preference. 'You can eat lots of small meals or a few big ones,' says Berardi. 'You can even go an entire day without eating once in a while. It's all about what works best for your schedule and your appetite.' ■

Want fast results? Here are the other contenders for your training buck

→ P90X

Late-night channel-surfers will be familiar with a grinning Tony Horton promising to get you in shape in 90 days thanks to 'muscle confusion' – a combination of yoga, bodyweight moves and dumbbells.

Does it work?

Yes, according to dozens of testimonials from newly ripped acolytes. Muscle confusion may be overhyped, but eating right and training hard – the cornerstones of P90X – will work for anyone.

→ Recon Ron

Beloved of US Marines, this programme promises to get you to the lofty heights of 20 (strict) pull-ups in a matter of months – but only if you stick to its punishing schedule of pulling.

Does it work?

Plenty of military types say yes, although in reality you would need daily access to a pull-up bar and the willpower to grind through five near-max sets a day for weeks on end.



→ Viking Conditioning

Billed as the fastest way to increase your VO₂ max, Viking Warrior Conditioning scorches your lungs with 15 seconds on, 15 seconds off sets of kettlebell swings – for 30 sets or more.

Does it work?

It seems to, but possibly at the expense of ripping the skin off your hands. It's worth a try, but invest in some chalk – or consider making a handgrip out of a sock, as advised by many practitioners.

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EASY MEAT

The secret to delicious, healthy meat is preparing it yourself. *MF* fires up the oven and stimulates the carnivore within

Words **Joel Snape** Photography **packshotfactory.co.uk** Food styling **Karol Gladki**

Meat is your best dietary friend. Not only do hunks of animal contain the widest possible range of proteins, making them the perfect accessory to your muscle-building regime, they're also the best source of 'good' saturated fat and iron. Eating meat isn't essential for body-composition success but it certainly helps a great deal.

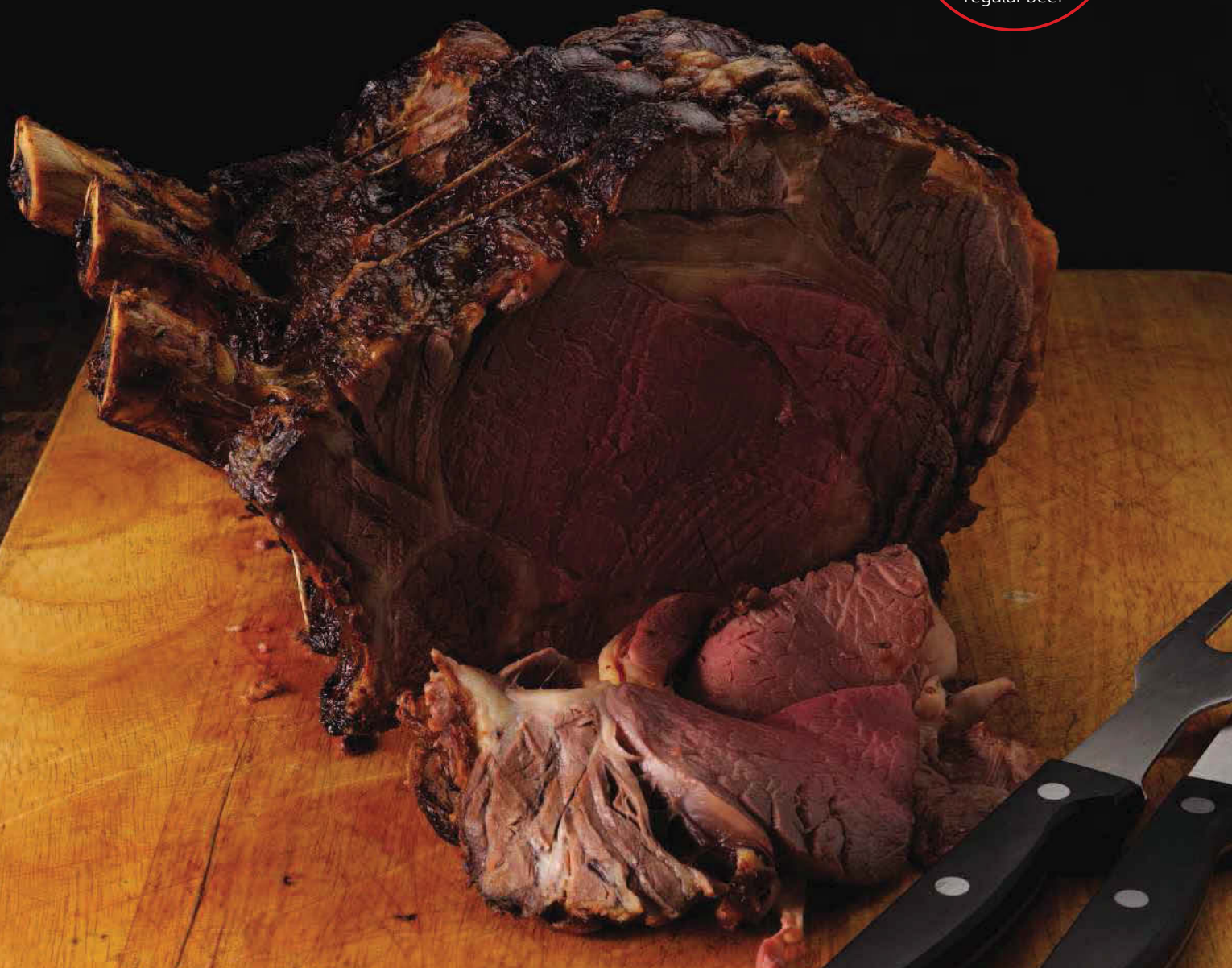
This doesn't include processed meat, though, which lacks the nutritional punch and can include preservatives, additives and bulking agents of uncertain provenance. The solution is to cook your own, which not only means you'll be sure of your dinner's quality, but also means you can buy grass-fed meat, ensuring an animal that's been fed well and isn't full of added hormones. Bonus: if you cook meat on the bone it will be flooded with flavour and nutrients, making it tastier and healthier.

To help you we've enlisted three of the UK's top chefs to give their take on the traditional Sunday staples, each with a brace of recipes to use up the leftovers. The result is a three-day feast of flavoursome, nutritious meat. Eat and be merry.

ROAST BEEF

Sophie Bathgate, co-founder of Sophie's Steakhouse (sophiessteakhouse.co.uk), explains how to beef up the most traditional of roasts

Go for grass-fed beef, because it has at least twice as much CLA – which helps reduce body fat – as regular beef



RIB OF BEEF

INGREDIENTS

1 large on-the-bone beef joint / Handful of fresh rosemary, chopped / Salt and pepper

TO MAKE

- Prepare your roast the night before. Rub rosemary and rock salt in a 50:50 ratio into the joint, followed by lots of black pepper.
- Place the beef in a preheated oven at 180°C/gas mark 4 for 25 minutes per 450g plus 25 minutes.
- Don't fear fat – it keeps the meat moist, so keep basting. Spoon the juices from the roasting tray over your joint every 20 minutes.
- Remove the meat from the oven and allow to rest for at least 15 minutes before carving and serving.



USE YOUR LEFTOVERS 1

BEEF HOTPOT

INGREDIENTS

450g roast beef, chopped / 2 roast potatoes / 4 roast carrots / 2 roast parsnips / 1 large onion, chopped / 4 cloves garlic, crushed / 1 whole red chilli, chopped / 1.5 litres beef stock / 1 glass red wine (optional) / Fresh horseradish, grated

TO MAKE

- Sauté the leftover roast beef, potatoes, carrots and parsnips in a pan along with the onion, garlic and chilli in an ovenproof dish for five minutes.
- Cover with stock. Add red wine if you've got any around – it's packed with antioxidants.
- Cover and cook in a preheated oven at 130°C/below gas mark 1 for an hour.



USE YOUR LEFTOVERS 2

PRIME RIB ROAST SANDWICH

INGREDIENTS

2 slices sourdough bread / Virgin olive oil / Fresh creamed horseradish / 3 medium thick slices of rib roast / 1 ripe beef tomato / 1 baby gem lettuce

TO MAKE

- Lightly toast the sourdough bread and rub it with a little virgin olive oil.
- Spread a thin layer of horseradish on one piece of bread – or both if you like it hot – and pile the meat on top.
- Add sliced tomato and four or five lettuce leaves. Eat at your desk and bask in envious glances.

ROAST CHICKEN

Matt Green—Armytage of Michelin-starred gastropub
The Crooked Well offers his twist on a classic

○
Add lemon and
garlic to the
roasting pan for
flavour – and eat
the garlic for anti-
inflammatory
benefits



HALF-POACHED CHICKEN

INGREDIENTS

1 medium free-range chicken /
1 large onion, chopped / 1 bay
leaf / Handful of fresh thyme /
Black pepper / White pepper /
Salt / Olive oil

TO MAKE

- For a succulent and juicy chicken, poach it. Place in a large pot of salted water with the onion, bay leaf, thyme and pepper. Bring to the boil and simmer for one hour.
- Drain the chicken and season with salt, freshly ground white pepper and olive oil. Roast in a preheated oven at 200°C/gas mark 6 for 15–30 minutes.
- Take out of the oven and leave to rest for 15 minutes before carving and serving.



USE YOUR LEFTOVERS 1

HARISSA SPICED COUSCOUS

INGREDIENTS

50ml olive oil / 250g couscous / 50g red onion, diced / $\frac{1}{2}$ red pepper, diced / $\frac{1}{2}$ green pepper, diced / $\frac{1}{2}$ yellow pepper, diced / 15g rose harissa paste / Pinch of cayenne pepper / $\frac{1}{2}$ lemon, juice and zest / 75g sultanas / Handful of fresh coriander, chopped / 20ml white wine vinegar / 150-200g roast chicken trimmings / 40g toasted flaked almonds

TO MAKE

- Heat the olive oil in a large saucepan over a high heat for two minutes. Add the couscous and onion and stir until the couscous is toasted and golden brown in colour.
- Add the peppers, stir for two minutes and remove from the heat. Add 250ml boiling water, harissa paste and cayenne pepper, and stir. Add a pinch of salt, cover the pan and leave for 25 minutes.
- Whisk the couscous with a fork and stir in the lemon juice, lemon zest, sultanas and half the chopped coriander.
- Top with the almonds, coriander and your roast chicken leftovers. Serve with tzatziki for a light yet punchy dish.



USE YOUR LEFTOVERS 2

SPANISH CHICKEN OMELETTE

INGREDIENTS

4 new potatoes / 6 medium free-range eggs / 150g roast chicken trimmings / Pinch of saffron / Salt and freshly ground black pepper / $\frac{1}{2}$ small onion, thinly sliced / Olive oil / 250g watercress

TO MAKE

- Boil the potatoes until tender, leave to cool, then cut into quarters.
- Whisk the eggs in a large bowl and add the potatoes, chicken and saffron. Season to taste with salt and pepper.
- Heat a non-stick frying pan over a medium heat, add a dash of olive oil and sauté the onions until opaque. Add to the egg mixture and stir.
- Place the frying pan back on the heat. Add a dash of olive oil and warm, then add the egg mixture. Cook for four to five minutes.
- To flip the omelette, take the pan off the heat, cover the pan with a large plate and turn the pan and plate over. Slide the omelette back into the pan and return to the hob. Cook for a further four to five minutes.

ROAST LAMB

England's youngest head chef, Luke Thomas of Luke's Dining Room in Berkshire (lukesdiningroom.com), gives his take on the spring staple

Lamb is high in easily-absorbed iron and zinc, as well as healthy monounsaturated fats



LEG OF LAMB

INGREDIENTS

1 leg of lamb / 1 bunch rosemary / A few garlic cloves, crushed / Salt / Black pepper / Anchovies (optional)

TO MAKE

● Poke holes in the lamb and add sprigs of rosemary and crushed garlic. You can add anchovies for a salty tang

and an extra hit of protein.

● Roast in a preheated oven at 180°C/gas mark 4 for 25 minutes per

450g plus 25 minutes.

● Remove from the oven and allow to rest for 15 minutes before serving.



USE YOUR LEFTOVERS 1

LAMB AND SWEET POTATO PIE

INGREDIENTS

3tbsp butter / 1 onion, chopped / 1tsp sugar / 2 cloves garlic, minced / 1tbsp plain flour / 500ml lamb or beef stock / 400g canned chopped tomatoes / 1 star anise / 1 cinnamon stick / 2 carrots, chopped / 2tsp cumin / 2tsp ground coriander / Leftover lamb / 3 sweet potatoes, chopped / 150g spinach

TO MAKE

- Cook 1tbsp butter, the onions and the sugar in a large ovenproof dish over a medium heat for ten minutes, stirring frequently.
- Reduce the heat slightly, add the garlic and flour, and cook until brown (about 15 minutes).
- Turn up the heat, add the stock, tomatoes, star anise, cinnamon, carrots, cumin, coriander and lamb. Bring to the boil, then simmer uncovered for 30 minutes.
- Meanwhile, boil the sweet potatoes in water. Drain and mash with 2tbsp butter and salt.
- Sauté the spinach for one minute in a hot pan.
- Remove the star anise and cinnamon from the stew, and add the spinach.
- Spoon the sweet potato mixture on top of the stew and grill until the crust is golden brown.




USE YOUR LEFTOVERS 2

LAMB CURRY

INGREDIENTS

1tsp olive oil / 1 onion, diced / 2 garlic cloves, crushed / 3 green chillies, diced / 1 green pepper, sliced / 2cm fresh ginger, grated / 1tsp ground cumin / 1tsp ground coriander / 1tsp turmeric / ½tsp garam masala / 1tsp tomato purée / 400g canned chopped tomatoes / 1tsp lemon juice / 60ml water / 250g cold roast lamb, cut into chunks / Handful of fresh coriander, chopped / Salt and pepper, to season

TO MAKE

- Heat the oil in a pan. Add the onion, garlic, chillies, pepper and ginger, and cook over a high heat for two minutes.
- Reduce the heat and add all the spices. Cook for a further two minutes and add the tomato purée, chopped tomatoes, lemon juice and water. Stir and simmer for ten minutes.
- Place the mixture in a blender and blend until smooth. Return to the pan, add the lamb and cook gently until the lamb is warmed through.
- Add the coriander and serve. 

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meat recipes go to
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The big Sleep

We're all told that eight hours of sleep is crucial to everything from concentration to curls. But is it possible to survive, or even thrive, on less? One *MF* writer grabs his eye mask

Words **Warren Pole**



leep. Everyone does it, almost nobody understands it. We go to bed, close our eyes and leave the next seven or eight hours completely to chance. Sometimes we get eight hours and feel dreadful, other times

we grab three hours and feel great.

Napoleon, Florence Nightingale and Margaret Thatcher are said to have got through the day on four hours a night, but Winston Churchill needed regular daytime naps to keep going. There's even some evidence that in the past two centuries everyone in the Western world has radically changed the way they sleep.

So what do we actually need and what actually works in terms of replenishing our body for the day ahead? As a chronic under-sleeper, I resolved to find out.

Wakes and pains

'The first thing to understand,' says Dr Mike Loosemore, 'is that sleep is part of training.' He works with the GB Olympic boxing team, who did a total of 90 overseas trips in 2012, including long-haul flights, and were the

best-performing team in London. He timed the team's carb intake to optimise their sleep patterns, regulated their sunlight exposure and, crucially, told boxers with matches within 48 hours of the Olympic opening ceremony that they couldn't attend. Harsh? Maybe. Effective? Yes. 'The boxers who did go suffered badly,' says Loosemore. 'Some of them took four to five days to recover.'

Sleep's importance for elite performance is well-established: Bradley Wiggins and Team Sky take their own mattresses on the road so they don't have to deal with lumpy beds. But for the rest of us, sleep is no less important. In a study published in academic journal *PNAS*, researchers found inadequate sleep affected over 700 genes, including those dealing with the immune system, brain function and the body's response to stress. 'Clearly sleep is critical to rebuilding the body and maintaining a functional state,' says Professor Colin Smith, a functional genomics expert at the University of Surrey. 'If we can't replenish and replace new cells, that's going to lead to degenerative diseases.'

But going short of sleep also has short-term effects. 'Muscles and most organs



How much sleep do you need?

The scientific verdict

>9
hours

Makes you 21% more susceptible to obesity, according to US research.

7-9
hours

The expert-recommended amount. Is it right? Our man found out.

<7
hours

The cut-off for getting ill more often: you're three times as susceptible to viral infections if you're under this barrier, according to a 2009 study.

<6
hours

Associated with cognitive decline 'equivalent to four to seven years of ageing', a University of London study found.

<5
hours

Slipping into the sub-five range long-term can increase your risk of diabetes and high blood pressure, a 2009 study showed.

<4
hours

This doubles your risk of heart disease compared with getting seven hours of shut-eye, according to a Japanese study.

Instant shut-eye

Still struggling to sleep? Try these swift solutions



Cherries

Nature's own sleeping pill. In one study, eating cherries 30 minutes after waking and 30 minutes before the evening meal increased sleep efficiency from 76.8% to 82.3%.



Shower

Your bedroom should be cool, but your pre-bed shower can be hot, says research from King's College London. Warm water helps to dilate blood vessels and relax muscles.

Mg

Magnesium

According to the Human Nutrition Research Foundation, low levels are linked to insomnia. If you aren't into pumpkin seeds, use a spray.

can fully recover while you're awake,' says Professor Jim Horne, director of the Loughborough Sleep Centre. 'The one organ that can't be rested at any time other than during sleep is our cerebral cortex, which is important to high-level thinking. Without it, we're more easily distracted, less able to implement new strategies and more reliant on habit, and we have less control of our moods and performance.'

Sleeping giant

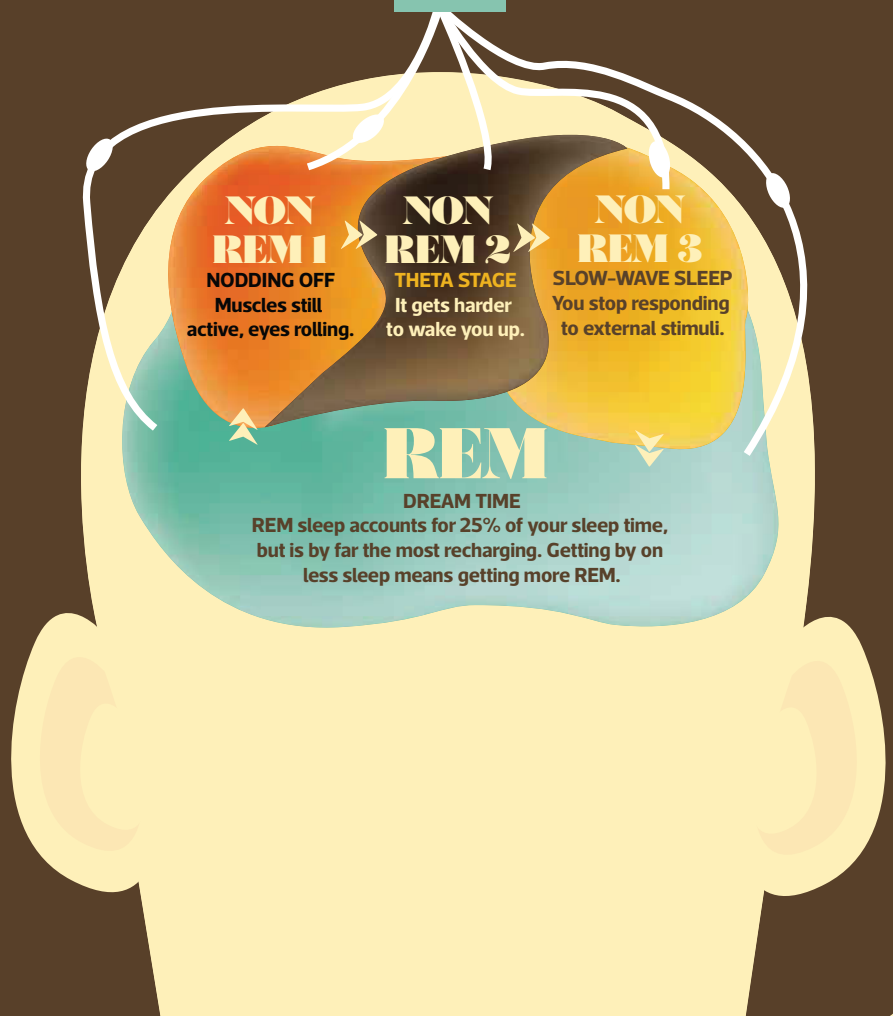
To hack my own shut-eye, I start with the basics, as recommended by Dr Chris Idzikowski of the Edinburgh Sleep Centre. First is sticking to a regular routine: late nights and lie-ins at the weekend might be fun, but they play merry hell with your circadian rhythms. Pre-bed TV is also out – almost every expert recommends you stop looking at illuminated screens in the hour before hitting the hay. If that's unimaginable for you, it's apparently 'blue light' that's the problem, so you don't have to abandon your computer entirely before bed if you use a programme such as F.Lux, which adapts your monitor's glow.

I'm also told I should sleep with no electronic equipment in my room, because the background radiation will tinker with my sleep patterns. This is bad news for the wealth of sleep apps that promise to sit under my pillow monitoring my tossing and turning. Most importantly, at least for now, I need to remove all limitations on sleeping time, says Idzikowski. 'Go to bed at the same time every night, give yourself too long to sleep and allow yourself to wake up normally – no alarm clock,' he says. 'Do this for two weeks – longer if you can – and your natural sleep time will come out.'

Idzikowski also instructs me to start a sleep diary, recording my bedtime, wake

The sleep cycle

You've heard of the REM (rapid eye movement) phase, but there are a few others. Understanding the process of sleep is the first step towards optimising it



time, factors that could have affected my sleep (food, social, stress etc) and how I feel in the morning. This will build a picture of my sleep patterns, allowing me to identify the things that disrupt my sleep so I can avoid them when necessary to maximise sleep quality. 'Once quality is controllable, you can experiment,' says Idzikowski. 'Reduce your sleep time from the optimal level an hour at a time to see if a compromise exists.'

Tire change

After I keep this up for a fortnight, I'm undeniably sleeping better. Without a monitor tricking my primate brain into thinking the sun's out I nod off earlier, and an absence of standby lights and 3am text alerts keeps my rest restful most nights. However, I'm also going to bed earlier than some children, which wasn't the point. I need a way to get more rested without spending a third of my life under the duvet.

Mercifully, it's at this point I talk Dr Ben Edwards of Liverpool John Moores



There's a nap for that

How to exist on three hours of sleep a day

We don't all want to emulate the late Baroness Thatcher, but there's no doubt you'd get more done if you could follow her sub-four-hour sleeping habit. What you need is polyphasic sleep, a term coined by early 20th-century psychologist JS Szymanski.

It has been tried by US Marines and astronauts – who often can't get a full eight hours – but the ultimate expression of it is the so-called *Ubermann Schedule*, in which you rely on 20–30 minute naps spaced throughout the day. Online forums are full of posters claiming to have stuck out the 30-day period needed to acclimatise, giving them an extra five hours each day to, er, watch everyone else sleep.

Want to give it a try? Find out more at kuroShin.org/story/2002/4/15/103358/720



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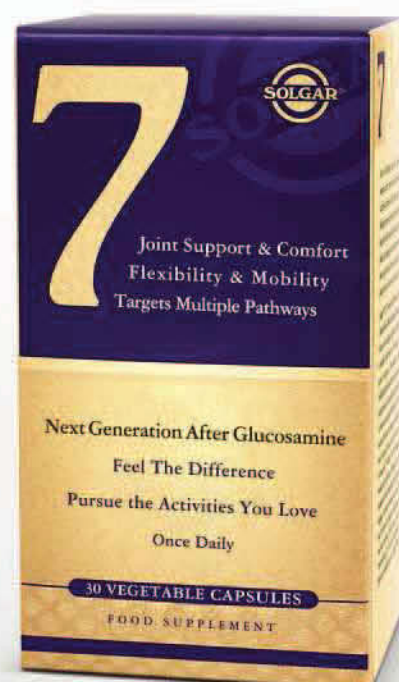
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University, who has a plan. 'Power naps can be used to offset sleep deprivation,' he tells me. In one of his experiments, subjects with habitual eight-hour sleep patterns were allowed just three hours' sleep over two nights, before an hour's power nap. 'Using the power nap led to tiredness and alertness scores the same as those for a control group who had slept normally,' Edwards says. 'That power nap has a restorative affect.'

Horne agrees you don't need to make up every hour of lost sleep, saying, 'only part of lost sleep is needed to offset sleep loss. Lose 72 hours of sleep and you can recover with ten.' To work, napping must be used only when needed, which is where the sleep diary comes in. If you can see from your records that you've been under-sleeping, hit the hay for a tactical hour in bed – or less.

Time-saving expert Tim Ferriss, author of *The 4-Hour Body*, suggests the 'micro-nap' – a shot of coffee, followed by 15 minutes in bed, so the caffeine kicks in as your alarm goes off. I try it and it does have a genuine revitalising effect, but it doesn't stop me waking in the night. Fortunately, it's at this point I discover something very interesting.

Double slumber

According to Roger Ekirch, a professor of history at Virginia Tech University, sleeping for eight hours in one go is a relatively recent invention. Ekirch points out that books from *The Canterbury Tales* to Benjamin Franklin's memoirs talk about 'first' and 'second' sleeps, with people going to bed at sunset,



then waking up just before midnight to read, socialise or eat, then going back to bed.

An odd idea in the 21st century but one backed by scientific study. In the early 1990s, psychiatrist Thomas Wehr conducted an experiment in which a group of people were plunged into darkness for 14 hours every day for a month. It took time for their sleep to regulate, but by the fourth week the

subjects had settled into a distinct pattern: they slept for four hours, woke up for one or two hours before falling into a second four-hour sleep. There's even a doctor's manual from 16th-century France that advises trying to conceive between the first and second sleeps because you 'have more enjoyment'.

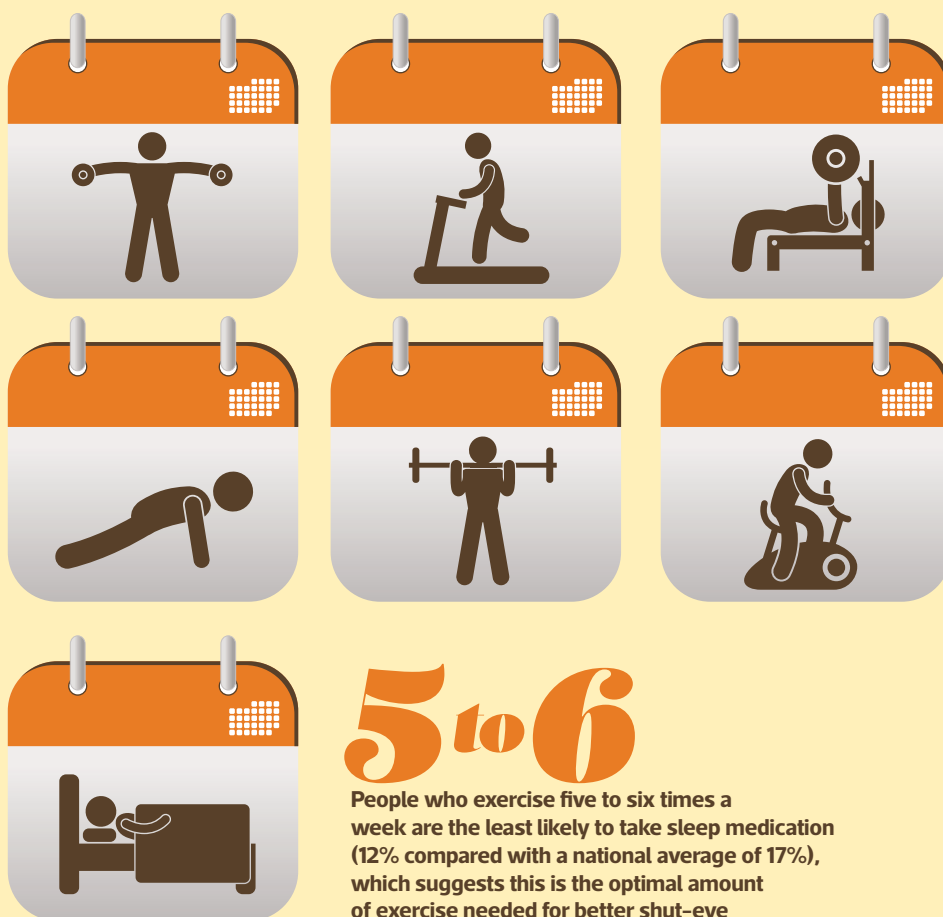
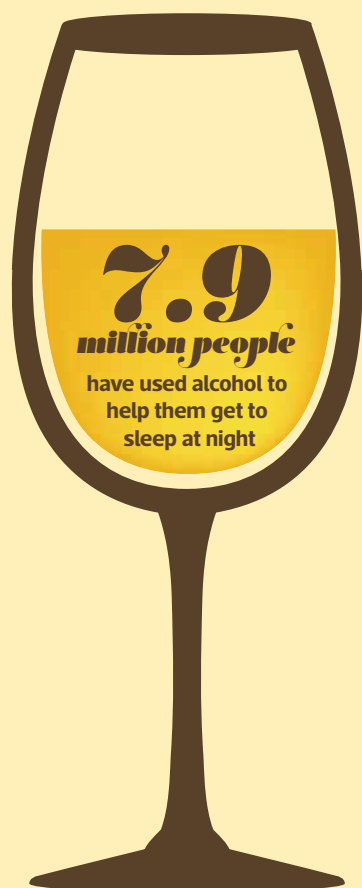
Why did this stop? It's all down to the industrial revolution, when the standardised working day and the electric lightbulb were introduced, giving people less time to rest and less incentive to go to bed at sunset.

Beat the nap

Unfortunately it soon becomes evident that going to bed at sundown won't cut any ice with my employers – and besides, waking ladyfriends in the middle of the night for a fumble seems fraught with danger. But there is a useable element: once I know waking in the night is normal behaviour – 'a throwback to the bi-modal sleep pattern', as Russell Foster, professor of circadian neuroscience at Oxford, calls it – I worry about it less.

Give your body a chance to nod off again (don't switch on the lights), but if it isn't happening there's nothing wrong with doing something productive. I add this idea into my bedtime toolkit and instantly the nights when I can't sleep become less fraught.

Between my sleep-hacked room, sleep diary (now discontinued), micro-naps and second sleeps, I'm sleeping more oddly but feeling more rested than I ever have in my life. You don't necessarily need eight hours in the sack to feel great. Sweet dreams. **MF**



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Live life in the fit lane



MF's Nick struggles up a climb – turn to p94 to find out how he could improve his technique

MFTAKES ON A...

HALF IRONMAN

MF's Nick Hutchings heads to Thailand to see if his training has prepared him for one of the world's most challenging half Ironman triathlons

One of my longest-held racing ambition is to finish a half Ironman. So when I get the opportunity to take part in the 70.3 Laguna Phuket – which as a bonus takes place in a beautiful and exotic location on the west coast of the Thai island – I sign up without hesitation. It's only when I talk to trainer Pat Leahy, an Ironman veteran, Maxifuel ambassador and founder of triathlon coaching company Pro-VO₂ Max, about a training plan that I realise just how demanding a challenge this is. I'm in for some serious pain. But it's already too late to pull out.

All I can do is man up and get stuck into the ten weeks of 12 weekly sessions Leahy recommends to get ready for the 1.9km swim, 90km bike ride and half marathon run. He actually wants me to train for twice as long, but I'm confident



his short, sharp plan and the fitness I've built up training for Olympic-distance races and marathons will prepare me. Well, I'm fairly confident it will.

DOUBLING UP

From the outset, each day of training involves one session in the morning – usually a 45-minute strength workout or swim – and a hill run or bike interval session later in the day. Fitting in these sessions is manageable if you're a professional athlete. It's much harder when you're juggling them with a job and a family. It basically means being super-disciplined about how I train.

The only way I can slot them in without getting fired or divorced is to alternate days of pre-work and lunch workouts with days of lunch and post-work sessions. On weekends I go AWOL for three to five hours for 'brick' sessions – vicious combinations of long runs and cycles to replicate the demands of the race. Where possible I try to co-ordinate training with my commute. I live about 25km from Oxford, so I regularly bypass my local station to cycle to Oxford and get the train to London.

IMPERFECT WORLD

It isn't ideal, but Leahy's plan is turning me into an endurance monster. By the time I'm deep into training, I'm tearing through the 100km-plus bike rides and 15km-plus runs he has set me.

A lot of my best work is done in his south London gym, FitRooms. Twice a week we do nasty bike sessions, the worst of which are threshold ones. 'These are designed to turn the lactate, which is partially burned fuel created during exercise, back into usable energy to keep you going harder for longer,' Leahy explains as I pedal myself into oblivion. We also hammer through increasingly longer intervals to prepare me for the different intensities of the windy, mountainous Phuket bike stage.

I do all these on a static bike, as well as hot sessions in my garage, where I fill bowls with boiling water to mimic the heat and humidity of Thailand. It makes me



Technique is all-important to avoid fatigue in the 1.9km sea swim

'My running technique is acceptable but my drowned-cat swimming style is a big problem'

feel like a bit of a numpty but it's the only hot weather training I can do in the depths of the British winter.

SINK OR SWIM

Early on, Leahy and I decide my running technique is acceptable but that my drowned-cat swimming style is a big problem. To help me improve he brings in swimming guru Dan Bullock, founder of triathlon swimming coaching company Swim For Tri. To really change your swimming style, you need months of coaching. I have six weeks.

The main problems with my front crawl are how lopsided I am in the water because I only breathe to one side and that I don't pull enough water behind me with each stroke. 'You're inefficient in the water and likely to swim off-course,' Bullock says during our first session. Over the next few weeks he uses a series of float-based exercises, rotational moves and video analysis to get me comfortably breathing on both sides, stroking more powerfully and generally feeling less tired when I cover serious distance.

The triathletes charge into the Andaman Sea at the start



Laguna Phuket

The Laguna Phuket resort has deluxe hotels and villas spanning an 8km stretch of pristine beach at Bang Tao Bay, Phuket. Facilities and activities include spas, restaurants, private tours, canoeing and sailing, making it the perfect destination if you want a fitness-boosting break at a luxurious holiday resort. Nick stayed at the Angsana Laguna Phuket hotel. For more visit lagunaphuket.com.

Ironman 70.3 Laguna Phuket

What Half Ironman race

Where Phuket, Thailand

Distance 1.9km open-water swim, 90km cycle, 21.1km run

Winner's time 4hr 4min 40sec

MF's time 6hr 25min 6sec

MF's position 418th out of 726 finishers

More info lagunaphuket.com



Nick starts to feel frazzled during the run



Halfway through the bike leg, racers had to dismount to cross a road bridge



Some riders were slowed by heavy rain during the bike leg

I'm genuinely wee-the-bed-scared of flying, so I don't get any sleep on the flight and arrive at Phuket's manic airport feeling dazed and vulnerable. And very sweaty – as I step off the plane I'm hit by a 35°C wall of heat no garage session could have prepared me for.

DIVE IN

Two days after I touch down the triathlon kicks off at 6.30am. I'm jetlagged on the day but starting-line adrenaline overrides my tiredness. The great thing about racing so early is that the temperature is a more comfortable 25°C and the sun's not strong enough to blind you during the water stage.

The swim takes us 600m straight out into the Andaman Sea, then turns 90° for a 400m leg, then brings us back to shore. Then there's a 100m dash up a beach before another 300m swim through a warm, syrupy lake. The start is the usual onslaught of elbows, headbutts and kicks you get during a triathlon, with the added insult of metre-high waves slapping me in the face for the first 100m. The day before the race I

The start is the usual onslaught of elbows, headbutts and kicks, plus waves slapping me in the face'

swam the distance on my own as a test and got pretty freaked out when I stopped at the buoy furthest from the shore and realised how far out to sea I was. So on race day I'm glad to have company of 500 other athletes, even if they are trying to give me black eyes.

Using Bullock's technique of breathing to each side and stroking powerfully, I manage to complete the swim in 44min 46sec. I feel comfortable for all but the last 200m, when I lose my swimming cap and have to keep pushing my hair out of my eyes.

SADDLE SIGHTS

I run to the transition, eat one of the Maximuscle Viper gels I've attached to my bike and set off on the windy route. Normally the cycling leg is my least favourite – I feel slow and heavy, and I get bored quickly. Not this time though. The constantly changing views of pretty villages, pristine beaches and deep jungle are a great distraction, and the berm-like hairpins keep me thrillingly fast.

About halfway into the stage, though, a monsoon rain starts lashing down. The same





Almost 6½ hours after starting, a weary Nick crosses the finish line

thing happened to me during the 2012 London Triathlon but this rain is much warmer, making it more comfortable to race in. It does, however, slow me down. A lot. On some of the more vicious hill climbs my back wheel loses its traction and I have to get off and walk. I feel a bit like I'm cheating but I simply can't get the bike to keep moving forward.

By the time I get to the last 10km of the 90, I'm a soggy heaving mess so the sight of the sun sliding out from behind the clouds is a real tonic for the soul. After 3hr 29min 5sec on my bike, I drop it off at the transition, pull on my running shoes, readjust my now numb testicles and set off at a speedy plod.

BEACH BURN

The sunshine is pleasant at first. But by the time I've run 5km, it becomes a royal pain. It's beating down savagely and, with little of the beachside course offering any shade, I start to burn and dehydrate fast.

'My back wheel loses traction and I have to get off and walk. I feel like I'm cheating but I simply can't get it moving forward'

Tips from the podium

Chris McCormack, a two-time Ironman world champion, won the 2012 70.3 Laguna Phuket. Here are his pointers for tackling any triathlon

PUT YOUR GOGGLES ON FIRST, THEN YOUR HAT

Losing your goggles is a demoralising way to kick off a race. To minimise the chances of this, put your goggles on before your swim cap so other people can't get their fingers between them and rip the goggles off. Don't make the strap too tight or you won't be able to let water out.

ATTACH YOUR SHOES TO YOUR BIKE

If you don't, you'll be forced to hop around as you try to pull on cleated bike shoes, then stumble to the bike starting line in them. Run barefoot to the line to stay light and fast, mount your bike, then pedal on top of your shoes until you get up to speed. Once you're flying along, slip your feet into them.

KEEP YOUR HEART RATE DOWN ON THE HILLS

Low gear, high cadence, stay seated – that's how to tackle climbs. Spinning works the legs hard but is kinder on your cardio system than powering up an ascent. It's slower, but it's better to lose 10–15sec on the way up than lose minutes over the whole leg.

PUT TALC ON YOUR RUNNING SHOES


Doing this allows you to slide your feet in easily and stops the inner sole causing blisters. You should also use elastic laces so you don't have to stop – you can just slip them on and be off.

To train with Chris McCormack, visit maccax.com or contact him at [facebook.com/maccamccormack](https://www.facebook.com/maccamccormack)



McCormack (right) celebrates victory at the finish

Two things stop me from collapsing in a heap: taking on liquid and using the soaked sponges from the water stations at 2km intervals. I squeeze these against my chest, legs and head, then stick them under the shoulder straps of my tri suit so a trickle of icy water runs down my body. The postcard-perfect beach vistas, palatial villas and cheering local school kids also help me keep going for the 2hr 3min 9sec it takes me to complete the run.

I eventually cross the line feeling more than a little delirious – from the effects of the race and the sun, sure, but also because I've fulfilled my ambition by completing all 113km of a half Ironman. And one of the toughest and most scenic ones on the planet, no less. It's taken a punishing 6hr 25min 6sec, but I'm sure a few well-deserved beers on the beach will help me get over that. 

For more information on training with Pat Leahy visit provo2.com. For more information on swim coaching from Dan Bullock, go to swimfortri.co.uk.

NAME: Ventoux**Occupation:** A stylish gym bag to keep training kit secure.

Following the success of the highly acclaimed Event Bag, Ventoux has transferred the key elements from this much sought-after cycling kit bag into a smaller Gym Bag.

Employing the same design ethos that led to rave reviews for the Event Bag, this new compact version encompasses all the features to make it the perfect Gym Bag.

It has a large 28L main compartment to hold your kit with a separate wet pocket to bring it home in. The large, built-in insulated cooler pocket has room for three bottles and ice-packs to keep your

recovery drinks fresh and cool. It also has a useful organiser pocket to neatly stash your phone, wallet, keys and so on, plus a convenient padded pocket for your iPad or tablet.

At a size of 250mm x 560mm x 270mm, it's designed to fit most gym lockers and can be also be used as hand luggage on most flights.

→ **More info:** Priced at £45, it's available exclusively from www.ventoux-bags.com

**NAME: ISM****Occupation:** Saddles that take the pain out of cycling

Do you hate the discomfort, pain, numbness or tingling you suffer after a big ride?

ISM has the solution.

Unlike traditionally-shaped saddles, our saddles are specially designed so that you're supported on your sit bones and pubic rami bones (pelvic bone structure), the way nature intended.

Without a 'nose', ISM saddles do not put pressure in your soft tissue area (perineal region) and maintain a healthy blood flow through this area, eliminating pain and numbness.

A comfortable saddle means you can ride further, harder and more comfortably. So pick up an ISM saddle today to become the cyclist you've always wanted to be!

→ **More info:** www.ismseat.com

**NAME: Proform Fitness****Occupation:** High-tech indoor training bikes

With the explosion in popularity of cycling in the UK, there has never been a better time for people of all fitness levels to swing their leg over the saddle and get involved.

The official training bike of the world's most prestigious cycling event, ProForm's® Tour de France® indoor cycle, gives cyclists everywhere a realistic pedalling experience.

Thanks to iFit Live, it's possible to ride along Champs-Élysées or from Nice to Toulouse without leaving your house. Powered by Google Maps™, iFit Live enables exercise lovers to transport to any location by the click of a button. The equipment has a built-in wireless internet connection, which allows the user to connect to iFit.com, log on to their account and create their very own cycling route anywhere in the world. Cyclists can control the resistance, speed and overall exertion of a workout.

The machine has Real Road™ resistance technology and a motorised 20% incline and decline, allowing users to experience the thigh-burning inclines of the high mountains.

It's compatible with the iFit Live App, incorporates Google Maps Street View technology and provides seamless outdoor-to-indoor training for different types of workouts. iFit Outside lets you consolidate a range of fitness and diet monitoring into one place to help you get the best results.

→ **More info:** For more information on the Proform Tour De France Training Bike visit www.TDF-Bike.co.uk or call 0845 1771514.



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MF TESTS...

RUNNING JACKETS

These lightweight jackets are designed to keep you running throughout the unpredictable British summer



Salomon S-Lab Light Jacket £90

Other jackets may be lightweight, but at just 70g you'll hardly notice you're wearing this new S-Lab. With an airtight, windproof zipper you can keep the breeze at bay, while on warmer days the underarm vents stops you overheating. It packs down into a palm-sized bundle for convenience, and while its waterproofing might not be the best – due to the need to be ultra-lightweight – on dry days this is simply unbeatable for keeping you cool and comfortable.

XXXXX salomon.com/uk



Helly Hansen Speed Jacket £120

It might be pricy, but the cost of this jacket is justified by advanced technology that makes it supremely adaptable. Its moisture-managing fabric adjusts to the conditions, whether they're warm, dry or cool. Multiple vents at the back regulate body temperature and keep the jacket breathable, while a cord on the bottom hem enables you to shut out cold drafts.

XXXXX hellyhansen.com



Brooks LSD Lite Jacket £65

In case you were worried this jacket contains hallucinogenic substances you might absorb while running, LSD stands for lightweight shelter device. It can be stored in its own pocket, while the combination of the ventilation at the back and the wind- and waterproof fabric makes it a versatile choice for the unpredictable British summer.

XXXXX brooksrunning.com



Adidas Men's Supernova Adjustable Jacket £60

While some jackets are made of clever material that adapts to different conditions, the Supernova takes a more straightforward approach: if you get too hot, you simply remove the detachable arms and turn it into a vest. Its mesh lining will also help keep the sweat off your body while a lower back pocket provides storage for your keys.

XXXXX adidas.co.uk



Nike Element Shield Jacket £65

Keen to stay dry in any conditions? In warm weather the Element Shield's polyester fabric diverts sweat away from your body, while it has strategically placed panels with a water-repellent finish that protect you in the rain. However, an inner mesh layer combined with the outer fabric means it's heavier than most summer jackets.

XXXXX store.nike.com

Treatment table

Use these physiotherapy tricks to reduce the risk of injury and aid recovery



Sporttape

'This stretchy tape helps stop running pain,' says top London physio Lucy Macdonald (octopusclinic.com). 'For example, it can help your inner quad muscle align your kneecap correctly. It's best applied by a professional.'

£10 sporttape.co.uk



Trigger Point The Grid

'Use your bodyweight on this foam roller after a run for a deep massage of your quads and hamstrings. But be warned, this is a case of no pain, no gain.'

£40 live-on-the-edge.com



Fisiocrem Muscle Rub

'You can soothe the large muscle groups used in running using self-massage. This cream helps you get deep into muscles for effective relief.'

£20.41 provitality.co.uk



66Fit Spiky Massage Ball

'Excellent for reaching the deep muscles of the hips and glutes and the pressure points in your back and shoulders. Use it on the floor or leaning against a wall, like the foam roller.'

£7.50 amazon.co.uk



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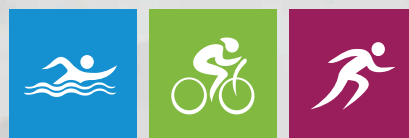
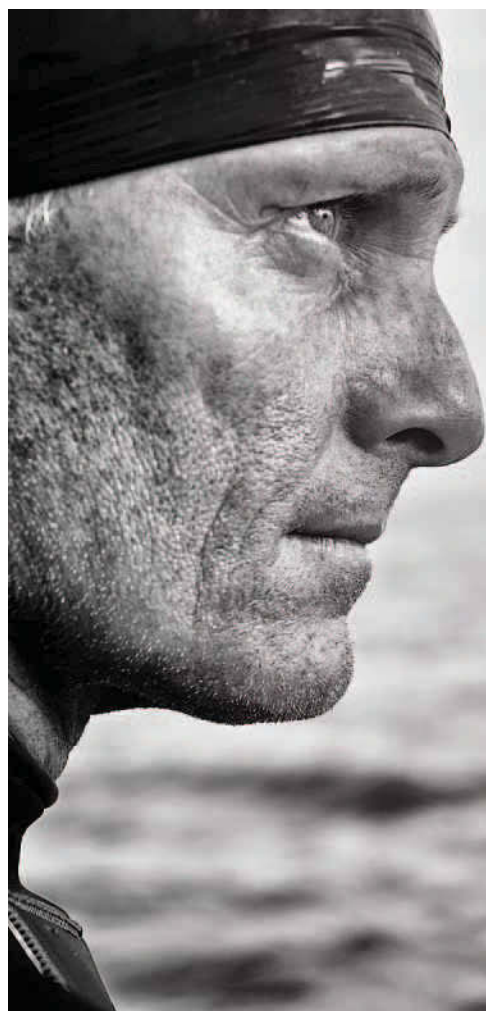


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MF's Ben tackles the via ferrata at Lake Annecy



MF TAKES ON...

VIA FERRATA

MF's Ben Ince heads to the French Alps to learn how to traverse mountain ranges the iron way

Don't worry, you're attached to the line. Nothing can go wrong!' shouts a grinning via ferrata guide from a cliff face 20m away. He's right about the first part but I'm not sure about the second. I'm on a ledge, peering at the valley floor hundreds of metres below. The only thing stopping me from plunging to certain death is a karabiner and harness attached to a metal zip line, which connects the two cliffs, offering the sole option for getting from one side to the other. My previous zip line experience amounts to riding the metre-high

Photography Pete Webb



Concentration is key on the slippery iron rungs

line at my local park as a ten-year-old, which hardly seems like sufficient preparation for the *Cliffhanger*-esque crossing I'm about to attempt. But with a queue of climbers forming steadily behind me, there is no chance to turn back now. After a final, hesitant glance at the abyss beneath me, I crouch down and launch myself over the edge.

IRON AGE

The original via ferratas were scrambling routes in the Alps used by troops to transport munitions and supplies during the first and second world wars. They were built using a series of fixed cables, metal rungs, ladders and lines – via ferrata means 'iron way' in Latin – to which climbers would attach themselves using karabiners and harnesses to ascend and descend precipitous routes that would otherwise have been impossible to traverse. Over the past half-century, these original via ferratas have been commercialised for public use, while a host of new sites and routes have been purpose-built, including the one I'm visiting at Lake Annecy in the French Alps.

Keen to get some advice before departing for France, I had sought the expertise of Gavin Baxter, the resident Mountain Award Instructor and technical advisor at Honister Slate Mine – home of the UK's first ever via ferrata. I already had some experience of traditional rock climbing, but I wanted to know how it compared physically with via ferrata. 'From a fitness

'After a morning of heavy rainfall, the iron rungs are wet and slippery'

point of view, traversing a via ferrata can actually be more challenging than normal rock climbing because it's continuous,' said Baxter. 'In traditional rock climbing, you work your way to a specific ledge and then you stop, whereas with via ferrata you're constantly moving and it's a steady progression to the end. While this does make it easier to pace yourself, it also requires a lot of muscle endurance.'

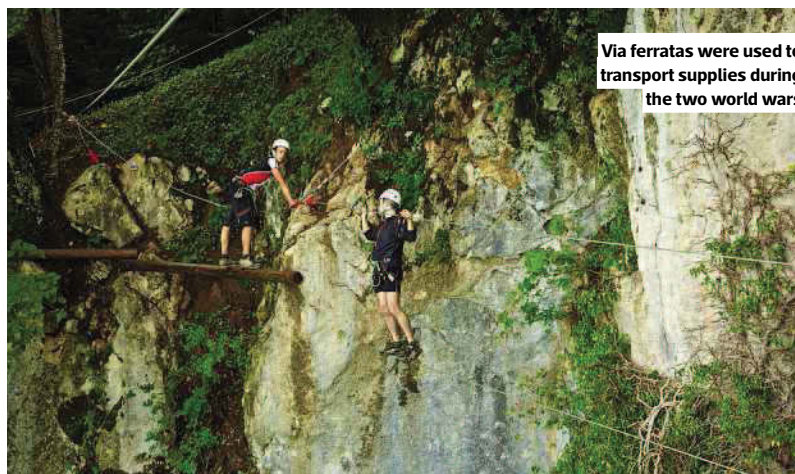
I asked for him for technique tips. 'The key is to try to relax and move fluidly,' said Baxter. 'It's easy to tense up and hold on too hard to the rungs, which will wear out your grip strength in no time – especially if you're a beginner. For most people, their upper body will get tired much quicker than their lower, so it helps to try to take as much of the strain on your legs as you can.'

VIEW TO A THRILL

Lake Annecy is one of the most idyllic locations in all of the Alps, and the via ferrata offers a truly stunning panoramic view of the lake. But that's the last thing on my mind as I cross the zip line, holding on to the cable attached to my karabiner for dear life.

The route starts with a descent into a seemingly bottomless gorge. After a morning of heavy rainfall, the iron rungs are wet and slippery, something I discover to my cost when I lose my footing halfway down, slamming painfully into a rock face.

After regaining my composure, I continue the descent, using all the concentration I can muster



Via ferratas were used to transport supplies during the two world wars

Iron strength

These moves will help build the strength you need for via ferrata, says instructor Gavin Baxter



L-SIT PULL-UP

'This move can help to build upper-body strength,' says Baxter. 'It also requires you to keep your core under tension, which is helpful for overhangs.'

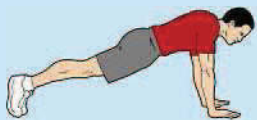
- Hang from a pull-up bar with an overhand grip.
- Engage your core and raise your legs until they're horizontal.
- Pull yourself up until your chin is over the bar, and then lower yourself back to the start.



SPIDER-MAN PRESS-UP

'In addition to building upper-body strength, this will get you used to lifting your leg high while keeping the rest of your body under control.'

- Get into a traditional press-up position.
- When you lower yourself towards the floor, bring your right knee to your right elbow.
- Press back up to return to the start and alternate sides with each rep.



STANDING CALF RAISE

'Your calves take a lot of the strain when you're climbing, but this simple move is great for strengthening them and you can do it anywhere.'

- Place the ball of your foot on the edge of a step and let your non-working foot hang free.
- Holding a wall for balance, push up until the heel of your working leg is as high as it can go. Hold the tension then return to the start.





Climbers are rewarded
with a panoramic view
of Lake Annecy




Ben stays relaxed on the zip line

to try to stay relaxed like Baxter had instructed. Having reached a narrow point of the gorge roughly ten metres down, the iron rungs begin to lead me horizontally across the rock face before I'm eventually able to climb back up to emerge on a cliff face looking out over the lake below.

RUNG TURN

It's at this point that I'm faced with the zip line. I try not to look down as I slide across it, despite the incredible views I would be rewarded with if I did so, and I feel a lot safer when I've successfully reattached my karabiner to the cliff face on the far side. From here, I have to climb a series of iron rungs that lead up to an overhang on the rock face.

About halfway up I begin to feel the strain on my arms and I make a conscious effort to follow Baxter's advice and let my legs do the work. Once I successfully traverse the overhang, the iron rungs are replaced by a disconcertingly narrow rope ladder for the remainder of the climb. The instability causes me to instinctively grip the ladder as tightly as possible, which I do for the first few metres before I remember Baxter's advice and force myself to relax again.

After a few more metres, the rock face levels out and I realise I've reached the end of the route. It felt like hours, but in reality it has only taken me around 20 minutes. The combination of nerves, adrenaline and considerable exertion has left me breathing heavily and physically shaking, but it's all worth it when I finally get to turn around and enjoy the breathtaking view. 

To try via ferrata and a variety of additional outdoor sports and activities in the Alps, visit summer.adventuresinthealps.com

'I try not to look down as I slide across the zip line, despite the incredible views'

Make your way

The best places in Europe to try via ferrata climbing

HONISTER SLATE MINE, ENGLAND

The UK's first via ferrata at Honister Slate Mine in Cumbria follows the original miners' track up the outer incline of Fleetwith Pike. honister-slate-mine.co.uk



LAKE ANNECY, FRANCE

This via ferrata offers exceptional views of the beautiful Lake Annecy and the Tournette massif. annecy-aventure.com



CORVARA, ITALY

Situated in the Italian Dolomites, Corvara lies at the heart of oldest and the greatest concentration of via ferratas in the world. colletts.co.uk



WIN!

Worth over £2,000

A triathlon starter pack



wiggle

Have you always fancied taking part in a triathlon, but been put off by the amount of gear required? *Men's Fitness* has teamed up with Wiggle UK to bring you the ultimate Triathlon starter kit, including a top-of-the-range Verenti Insight 105 Bike, dnb cycling kit and a Blue Seventy Pivot Wetsuit. Simply go to our website and enter for your chance to swim, cycle and run in style.

Triathlon starter pack

- VERENTI Insight 105 bike
- BLUE SEVENTY Pivot wetsuit
- ZONE 3 Aquaflo tri suit
- ZOGGS tri bag
- ZOGGS Predator Flex Polarized goggles
- ORCA race belt
- DHB T1.0 triathlon cycling shoe
- DHB Pro triple lens sunglasses
- DHB Team Wiggle Honda short-sleeve jersey
- DHB Team Wiggle Honda bib short
- DHB two-pack lightweight cycling sock
- GARMIN Forerunner 10 GPS
- ASICS training gear including shoes, jacket, shorts and shirt

How to enter

Simple go to mensfitness.co.uk/links/wiggletricom and answer the following question.

Which London park hosted the Olympic Triathlon last summer?

- A Blue Park**
- B Princess Park**
- C Hyde Park**

To enter and for terms and conditions, go to mensfitness.co.uk/links/wiggletricom

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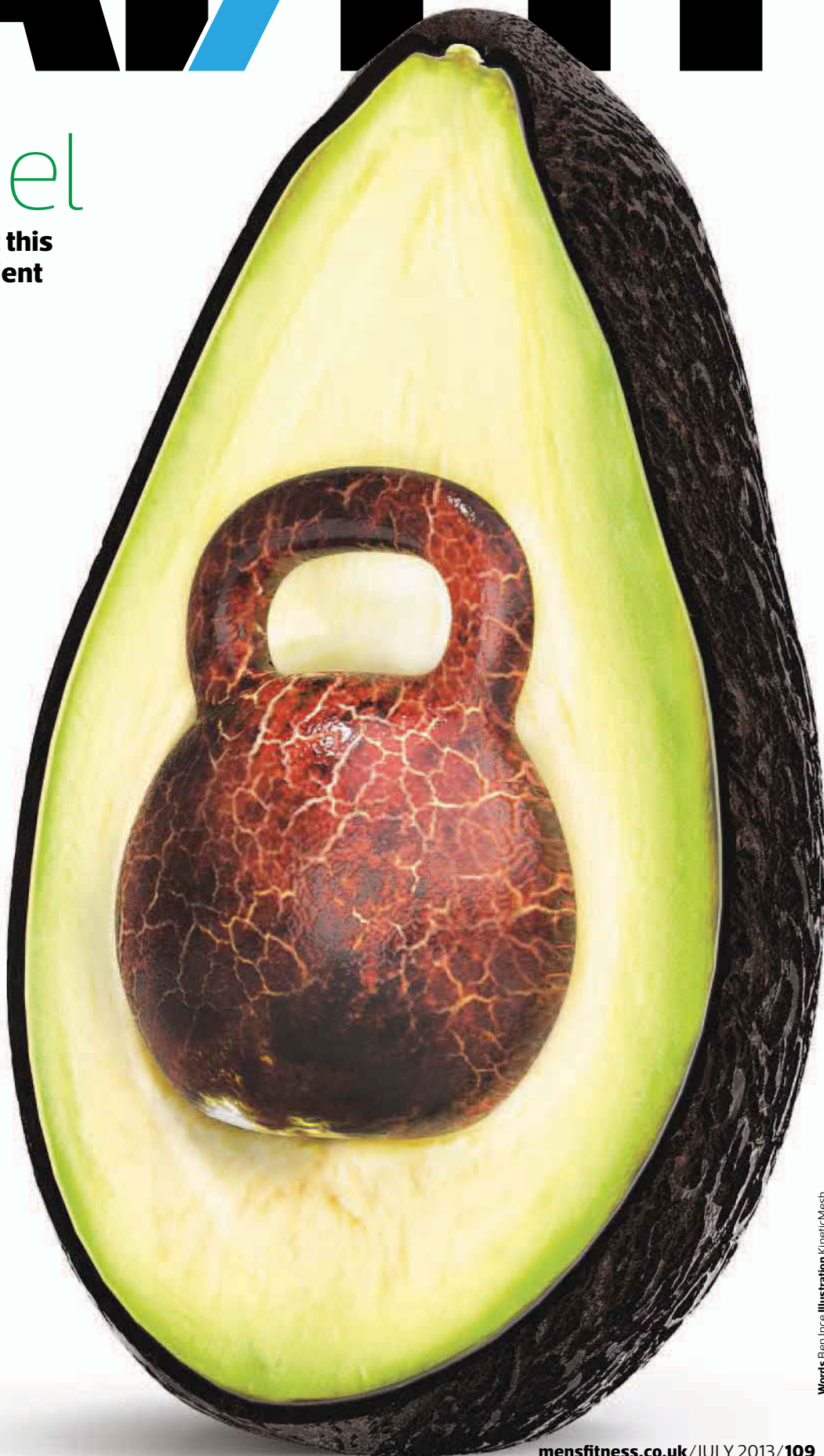
EAT/FIT

Folic fuel

Go pear-shaped to get this essential training nutrient

Eating plenty of protein is paramount if you want to build muscle, but protein isn't the only requirement for getting a six-pack or powerful arms. There are plenty of additional nutrients that will help, such as folate. Also known as folic acid, this B vitamin increases protein synthesis in the body and contributes to the production and maintenance of muscle cells according to a study published by the American Association of Cancer Research. One avocado will provide between 30% and 50% of your daily recommended folate intake, making it excellent fuel for building muscle. Cut one in half and top with prawns for an extra hit of protein plus a nostalgic culinary trip back to the 1970s.

Avocados are also a great source of heart-healthy monounsaturated fats



5 stress reducers

These lower levels of the stress hormone cortisol, which promotes fat storage

1

ORANGES

contain vitamin C, which can help to reduce levels of stress hormones in the blood, American research has found.

3

SALMON

is a great source of magnesium, which helps to control cortisol levels, according to the Capital Region Medical Center in the US.

4

OATS

are rich in carbohydrates, which boost serotonin levels and have a calming effect, according to research from Indiana University East.

5

WALNUTS

are high in antioxidants, fibre and unsaturated fatty acids, all of which can help to lower blood pressure and stress levels, says research from Penn State University.

2

TEA

contains theanine, which can help to reduce cortisol levels, according to research from New York University.



Nutrition Q&A

Laurent Bannock is a sports scientist and performance nutritionist for pro rugby teams and other elite athletes (guruperformance.com)

Q What causes high cholesterol levels and why are they bad?

A Cholesterol is actually necessary to the body's functions. There are two types: high-density lipoprotein (HDL), known as 'good' which carries cholesterol away from arteries, and low-density lipoprotein (LDL), characterised as 'bad', which deposits it in artery walls, increasing your risk of heart disease. Generally, the cholesterol in food is poorly absorbed by the body, so eating high-cholesterol foods such as meat and dairy doesn't significantly increase blood levels. However, eating unsaturated fats such as those found in nuts and flaxseeds has been shown to raise HDL and lower LDL levels. Exercise is another way to maintain healthy levels.



Kitchen Gadget

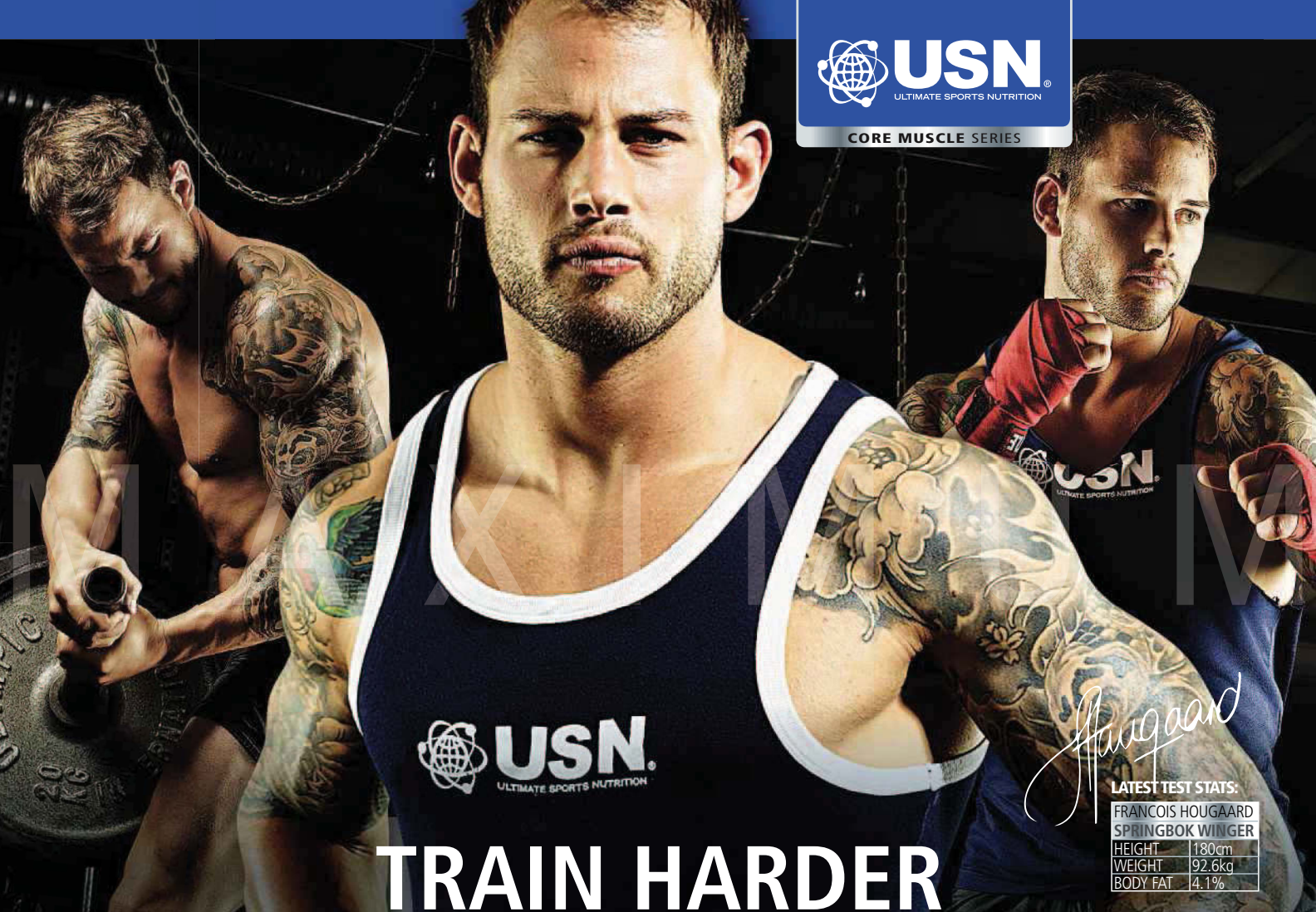
Prestige Garlic Press

£7.66 prestige.co.uk

Garlic should be part of any healthy eating regime – as well as containing plenty of cancer-preventing phytochemicals, it can also help to lower blood pressure and reduce levels of 'bad' LDL cholesterol. But chopping or dicing it by hand can be fiddly and time-consuming. Luckily, this stylish garlic press from Prestige crushes cloves with ease, no matter how big or tough. It's also dishwasher-friendly and has soft red grip inserts for comfort.



Want recipes for delicious food packed with healthy unsaturated fats? Go to mensfitness.co.uk/links/fatfood


LATEST TEST STATS:

FRANCOIS HOUGAARD	
SPRINGBOK WINGER	
HEIGHT	180cm
WEIGHT	92.6kg
BODY FAT	4.1%

TRAIN HARDER BUILD MUSCLE FASTER

1 BEFORE

EXPLOSIVE PRE-WORKOUT ENERGY

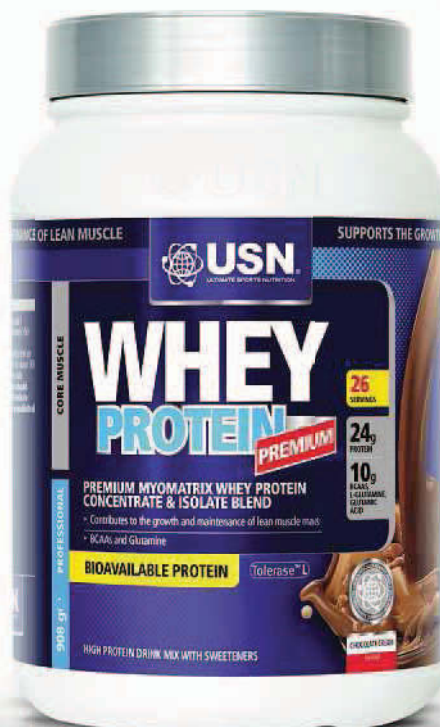
Amino acid plus blend formulated for the reduction of fatigue and contributes to maintenance of muscle mass.



2 AFTER

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Bioavailable protein that supports the growth and maintenance of muscle mass.


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For optimal results, combine with a balanced, lean muscle building eating plan and exercise routine. Individual results may vary.

Budgetbites

Build muscle and save cash with our high-protein meal plan

Healthy food doesn't have to be expensive. This one-day plan is packed with affordable goodness to make sure you eat well without breaking the bank.

CHICKEN

is a great source of muscle-building protein as well as a range of B vitamins.

TOMATOES

are packed with vitamin C, which helps your body form strong tendons, ligaments and bones.

CHILLI

contains capsaicin, which helps you to burn more calories by boosting your metabolism.



DAILY TOTALS
1,822 calories
183g carbs
135g protein
45g fat

BREAKFAST

Porridge
oats provide muscle-building protein and slow-release carbohydrates. Add a drizzle of **honey** and a small handful of **raisins** for extra energy.

LUNCH

A baked sweet potato with cottage cheese
is a great source of betacarotene, which lowers LDL ('bad') cholesterol, energy-boosting phosphorus, protein and slow-release carbs.

DINNER

Spicy chicken and tomato pasta
150g wholemeal penne / 2 chicken breasts, diced / 4tbsp olive oil / 1 onion, chopped / 2 chillies, chopped / 400g canned chopped tomatoes / 1tsp fresh basil leaves, torn / 10g cheddar, shaved

To make

- Cook the pasta according to packet instructions.
- Fry the chicken in a pan over a medium heat with 1tbsp of the olive oil for 8–10 minutes.
- Meanwhile, place the rest of the oil with the onion, chillies and tomatoes in a saucepan and simmer on a low heat.
- Once the chicken is cooked, add it to the sauce and simmer for 2–3 minutes.
- Drain the pasta, add it to the sauce and stir.
- Serve garnished with basil and cheddar.

SNACKS

Bananas and satsumas provide potassium to keep your heart healthy and vitamin C to boost your immune system. **Canned fruit** is a particularly economical way to get nutrient-rich food – and canning helps preserve nutrients.

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Enhance your body's muscle-building capabilities with this crucial supplement

1

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You've recently started weight training but you're struggling to put on muscle.

2

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Start taking whey protein. Consuming protein after exercise compensates for the increased breakdown of protein that occurs during training and provides the stimulus for muscle growth. Whey protein is easily digested and contains a high concentration of essential amino acids. Take 1.4g-1.7g per kg of bodyweight a day.

3

THE SCIENCE

A study published in the *Journal Of The International Society Of Sports Nutrition* found that subjects who consumed whey protein after training experienced improved blood flow to their forearm muscles, enhancing the delivery of muscle-building nutrients such as oxygen and hormones.

TAKE THAT

MF'S MONTHLY GUIDE TO THE RIGHT SUPPLEMENTS FOR YOUR GOALS

{ METABOLISM BOOSTERS }

- ❖ **Capsaicin** ramps up your metabolism, the rate at which your body burns calories. These compounds, most commonly found in chillies, have also been shown to kill cancer cells and soothe indigestion.
- ❖ **Whey protein** helps your body to build muscle, which in turn causes your metabolism to rise because muscle burns more calories than fat.
- ❖ **Calcium** has been shown in studies to increase the body's metabolic rate. It also strengthens bones and teeth.
- ❖ **Caffeine** has a thermogenic effect, which means it increases the body's core temperature slightly which in turn increases metabolism. As a bonus, it also helps to improve concentration.
- ❖ **EGCG** is a form of green tea extract that increases the nervous system functions that cause the body's metabolism to speed up.



Supplement Q&A

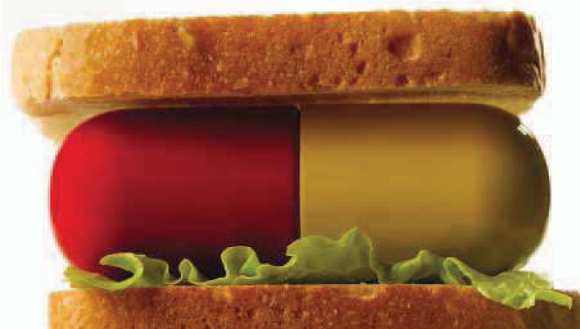
Aaron Deere is a functional medicine consultant at KX Gym London (kxlife.co.uk)

Q Do some supplements work better if taken with food?

A Yes. A good example is iron, which is absorbed better if taken with vitamin C-rich foods such as broccoli, oranges, peppers and tomatoes. Vitamin C prevents insoluble iron compounds being formed and also helps to improve

the conditions under which iron is taken into the mucosal cells.

Another example is creatine, which is more easily absorbed if taken with carbohydrate-based foods, improving its ability to elicit strength and body composition gains after resistance training. If you're on a low-carb diet, you could use fenugreek instead.



For our guide to all the major supplements go to mensfitness.co.uk/links/suppknowledge

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- Choc Mint Brownie
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- and 9 more!

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Curry power

Swap your takeaway dinner for this fat-burning beef rendang

These days it's hard to find a man in Britain who doesn't love a curry – but the takeaway kind tends to be packed with salt, sugar and unhealthy fats. Plus all those tempting options on the menu will mean you're far more likely to indulge in naan breads, poppadoms and other extras that you'll regret in the gym the next day. Instead, save yourself some pain – and some cash – with a healthy home-made curry using this straightforward recipe for a tasty beef rendang.



How to make it

INGREDIENTS

Serves 2

1 onion, roughly chopped / 2tbsp chopped fresh ginger / 1tbsp chopped garlic / 1 lemongrass stalk, outer layer removed and roughly chopped / 1tsp turmeric / 6 chillies, diced / 2tbsp olive oil / 6 cardamom pods, crushed / 1 cinnamon stick / 650g braising steak, cubed / 400ml coconut milk / 2tbsp Thai fish sauce / Zest of 1 lime / 150g brown rice / Coriander sprigs, to garnish

INSTRUCTIONS

- Put the onion, ginger, garlic, lemongrass, turmeric and chillies into a food processor. Blend to form a smooth purée.
- Heat a large pan and add the oil. Fry the paste over a high heat until the paste turns a darker colour.
- Add the crushed cardamom pods and the cinnamon and cook for another minute, then add the beef.
- Stir-fry until browned.
- Add the coconut milk, fish sauce and lime zest and simmer for 60–90 minutes, stirring occasionally.
- Cook the rice according to packet instructions and serve with the curry, garnished with coriander to taste.



Feel the burn

How hot do you like your curry? Pick the right type of chilli with **MF's** guide

The Scoville scale is used to measure the spiciness of chillies, based on their levels of capsaicin – a compound that also helps to boost your metabolism. The ratings are measured in Scoville heat units (SHU).



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MAKE YOUR BEST EVEN BETTER

TRAINER

Tailor your workout to your sport and improve in four moves **p120**

Double the kettlebells for a fast, fat-burning routine **p133**

Wales rugby star Jamie Roberts trains like a Lion. Now you can too **p137**

Does 'confusing your muscles' work? Myths busted **p142**

Achieve a V-shaped body with this four-week workout **p145**



Take the strain

Lift big and see your stress levels drop

If every prison film we've ever seen is to be believed, few situations are more stressful than being banged up. But there's a remedy: in a study published in *The Prison Journal*, inmates given the opportunity to lift weights reported significantly lower levels of depression, stress and anxiety than their less active cellmates. And they're not the only ones - a University of Liverpool study found that stress is reduced among non-incarcerated lifters as well. So if things are getting on top of you, it's still worth taking time to get to the gym. Just keep it short to reduce build-up of the stress hormone cortisol, and lift heavy to keep the testosterone flowing. And stay out of trouble.

MF tip

Keep your workout under an hour to minimise cortisol build-up, which increases belly fat



CHAOS THEORY

Train according to the unpredictability of your sport for greater performance gains

Just how crazy should your training sessions get? It all depends on what you're training for. If you'll never get tackled from behind by an over-enthusiastic Sunday league player, you probably don't need to aim for the ankle stability of a Premier League footballer. On the other hand, if you've recently taken up MMA, you might want the kind of muscle that's adaptable for anything. So how do you know what's best? That's where the precision chaos spectrum, invented by doctor and fitness expert Joseph Lightfoot and NFL trainer Todd Bumgardner, comes in.

'All sports fall on this spectrum,' says Lightfoot. 'At one end you have precision sports such as 100m track sprints or a 50m freestyle swim; at the other you

have MMA and rugby. A mismatch in how you train will, at best, result in poor performance, at worse it'll result in injury.'

So how do you know if you're getting it wrong? 'There are two main mismatches,' Lightfoot says. 'The first is when training doesn't prepare you for the chaos of your

sport. The other is training to withstand chaos when your sport doesn't require it, meaning you're taking needless risks.'

So how do you know where your sport falls on the spectrum? Just use the guide below to assess what you do, then tackle one of the workouts over the next few pages.

ASSESS YOUR SPORT



Environment

How predictable is the location of your sport? 'A 50m pool lane is always the same,' says Lightfoot, 'but a football field is pretty unpredictable.'



Collisions

How frequently do people crash into you? 'A track athlete doesn't have to display speed while someone is colliding with them,' says Bumgardner.



Definition

Can you predict what you'll need to do in the course of your sport? 'An MMA fighter has to perform multiple tasks that aren't well defined,' says Lightfoot.



Duration

'A 100m sprint typically takes a set amount of time,' says Bumgardner. 'Contrast that with a tennis match, which has no definite end.'



WORKOUT 1 RUNNING

The most predictable of sports – it's just putting one foot in front of the other – so your training doesn't need to be complicated. 'You need to train in multiple planes to avoid injury,' says Lightfoot. 'But otherwise it's simple: reduce the risk of hamstring strains, activate your glutes and work on hip mobility.'

1 FRONT SQUAT

Sets 3 Reps 5

- Hold a barbell across your chest with your elbows pointing forwards.
- Squat until your thighs are parallel to the floor, then drive back up through your heels.



2 ROMANIAN DEADLIFT

Sets 3 Reps 8

- Hold a barbell with a shoulder-width grip.
- Lean forwards at the hips until the bar is just above your knees, keeping a slight bend in your knees.
- Stand up, keeping a straight back throughout.



3 KETTLEBELL SWING

Sets 3 Reps 20

- Holding a kettlebell in both hands, sit back slightly and then drive your hips forwards, swinging the kettlebell upwards as you do so.
- You should be able to see underneath the kettlebell at the top of its swing.



4 ABS ROLLOUT

Sets 3 Reps 10

- Staying on your knees, roll forwards, keeping a tight core.
- Pull the wheel back towards you to return to the start.





WORKOUT 2 FOOTBALL

'Football is a multi-directional sport,' says Lightfoot. 'There are sharp changes of direction and occasional collisions. Single-leg stability and a high capacity to do short sprints while being skilful on your feet are all hugely important. The unilateral moves here will help with this.'

1 GOBLET SQUAT

Sets 5 Reps 5

- Holding a kettlebell in both hands by one end, squat until your elbows touch your legs.
- Drive back up through your heels.



2 BULGARIAN SPLIT SQUAT

Sets 3 Reps 6 each side

- With one foot on a bench behind you, squat on the other leg until your rear knee brushes the floor.
- Drive back up, keeping your weight on your heel.



3 STANDING ONE-ARM PRESS

Sets 3 Reps 5 each side

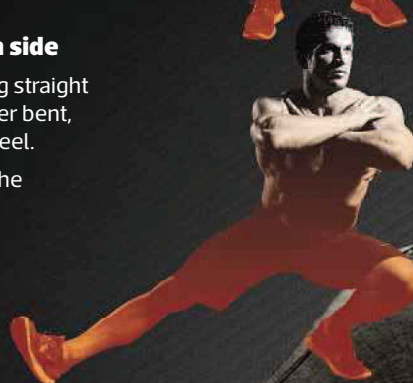
- Holding a kettlebell in one hand, brace your core and back.
- Press the kettlebell overhead, pausing at the top.
- Return to the start.



4 COSSACK SQUAT

Sets 3 Reps 4 each side

- With one leg straight and the other bent, sit on one heel.
- Repeat on the other side.



PRECISION

HOW CHAOTIC IS YOUR SPORT?

CHAOS

100m sprint | Track events | Olympic lifting | Strongman | Tennis | Football | American football | Rugby | MMA





For more on Joseph Lightfoot visit lightfoot.com.
For more on Todd Bungardner visit todbungardner.com.



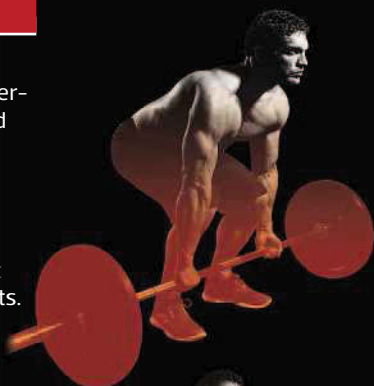
WORKOUT 3 RUGBY

'Rugby is one of the most chaotic sports,' says Lightfoot. 'There are tackles, collisions and scrums. You need to twist a lot and move explosively while withstanding impacts.'

1 DEADLIFT

Sets 5 Reps 5

- Holding a bar with a shoulder-width alternating grip, stand with your shins close to it and shoulders over it.
- Drive your hips forwards to lift the bar off the floor. Start relatively light and get heavier throughout your sets.



2 KETTLEBELL CLEAN AND PRESS

Sets 3 Reps 5 each side

- With one hand, grasp a kettlebell on the floor.
- Clean it to one shoulder, then press it overhead.
- Return the kettlebell to the floor between reps.



3 JOE DeFRANCO CHAOS PRESS-UP

Sets 3 Reps 5

- Stretch a heavy-duty resistance band across a power rack. With your feet on a bench behind you, do controlled press-ups while holding the band.
- Aim for a tempo of three seconds down, one second up to allow the band to have the full training effect.



4 BOTTOMS-UP KETTLEBELL CARRY

Sets 3
Distance 30m each side

- Hold a kettlebell with one hand so the 'bell' end is pointing into the air and your arm is straight.
- Walk 30m, then switch hands and walk back to the start. ■



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Lowering standards

Build bigger and stronger muscles by mastering the eccentric phase of every lift, says trainer Sean Lerwill

What does eccentric mean?

The eccentric, or lowering, phase of any lift is when the muscle lengthens under tension – think of your biceps when you lower a weight during a curl. There are two other types of muscle contraction: the concentric (lifting) phase, when the muscle shortens under tension, as in the upward part of a curl; and isometric, when the muscle stays the same length while under tension, as in a plank.

What's so important about eccentric contraction?

If increases in strength or size are your goal, the eccentric phase of each exercise is crucial. Studies have shown the eccentric phase triggers more hypertrophy – the process of building new muscle tissue – than the concentric. Your muscles are also far stronger in the eccentric portion of a lift.

Is the concentric phase still important?

Yes. It builds explosive power, and studies show that focusing on correct eccentric lowering and concentric lifting produces more hypertrophy than eccentric training alone.

What's involved in eccentric training?

There are two basic approaches. The first is best for all but the most experienced: simply concentrate on the eccentric phase, increasing the time you take to lower the weight to four or six seconds, and couple it with an explosive concentric lift. Once you're more experienced, use a weight that's too heavy to lift but that you can lower eccentrically. This may mean using a spotter for moves such as the bench press, but with a biceps curl you can use a free hand to help lift.

What's the benefit of eccentric training?

Paying more attention to the eccentric part of every rep will increase the amount of time that muscle is exposed to tension.



The downward phase of the dip, demonstrated by Lerwill, is where you build muscle

'If increases in strength or size are your goal, the eccentric (lowering) phase of each exercise is crucial'

This triggers maximum muscle growth by breaking down a higher number of muscle fibres, which then must be rebuilt. Controlled eccentric lifting also improves tendon tissue strength, making you more injury-proof. Apart from that it increases flexibility more than static-hold stretching: one study found it improved the range of motion of the hip by an average of 22%, with all other joints seeing increases of at least 13%.

What should I do in the gym to get more from the eccentric phase?

Start by focusing on the tempo of each lift. Make sure you lower the weight over four

seconds and lift it explosively, which means quickly while retaining full control. Too many people use momentum during each rep, such as swinging the arm during a biceps curl. This cheats the muscles out of full engagement, so focus on correct form.

How do I progress?

For certain exercises, such as dips, pull-ups and chin-ups, start by just performing the eccentric phase. To do this, jump to the top position and lower yourself slowly. For single-arm curls and extensions, lower the weight under control then use the other arm to aid the concentric phase. **MF**

DOWN A TREBLE

Three easy steps to mastering eccentric movements

1

Gain focus

Concentrate on the lowering phase of every move using the tempo 40X0. Take four seconds to lower the weight and lift it explosively without pausing.

2

Do half reps

Do eccentric-only sets to expose your muscles to more time under tension. Choose a variety of exercises for each muscle group.

3

Add weight

Performing eccentric-only sets of exercises such as weighted chin-ups and dips will lead to greater size and strength gains.



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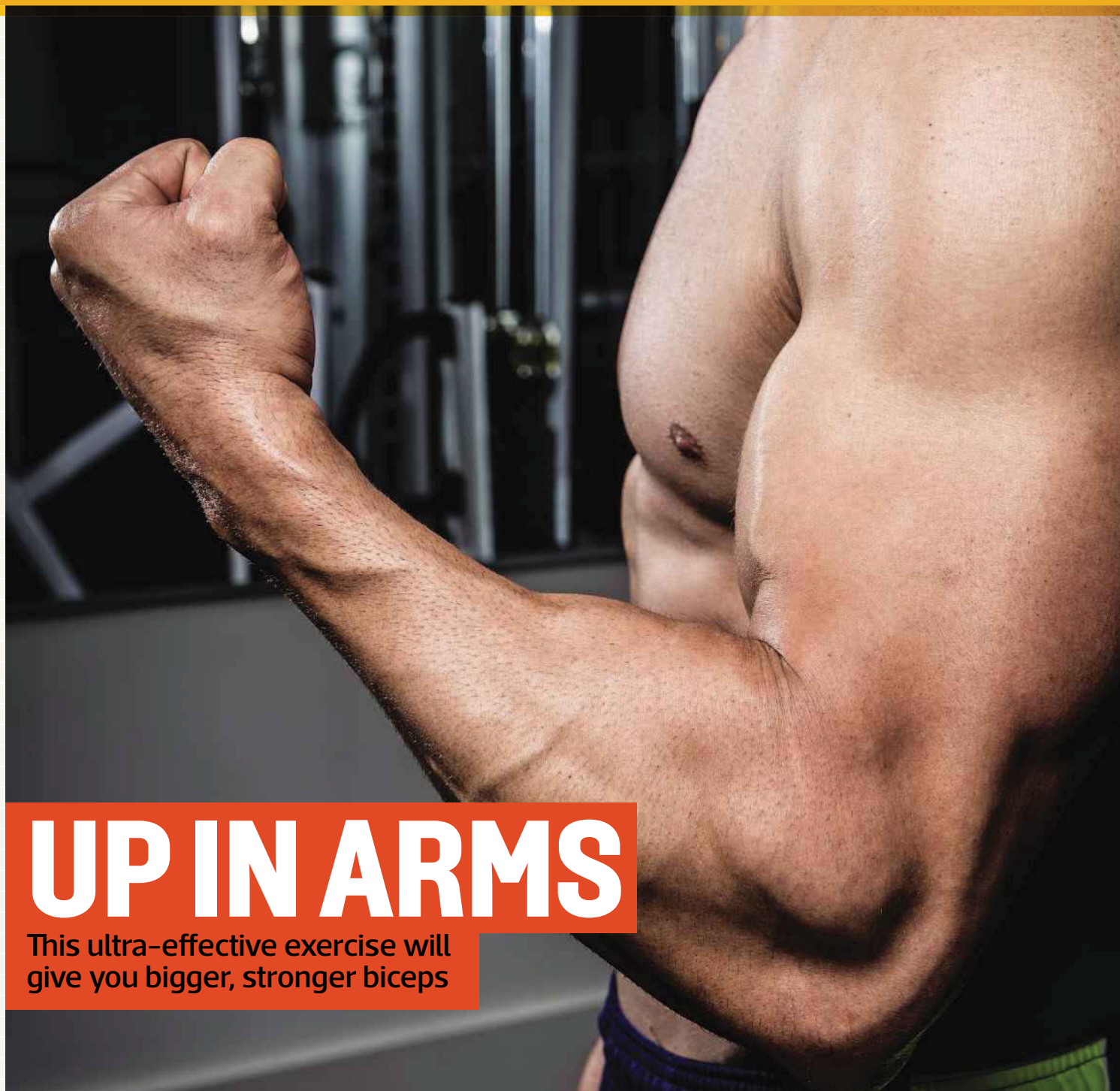
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THE STORY CONTINUES

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UP IN ARMS

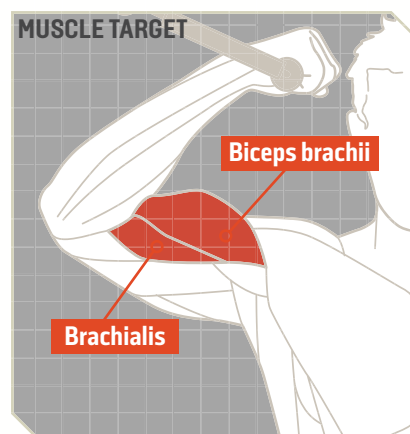
This ultra-effective exercise will give you bigger, stronger biceps

Everyone wants an impressive six-pack – but it's difficult to feel smug by comparing yours with everyone else's when people will insist on wearing clothes. It's much easier to check out the size of your rivals' biceps, though, so here's a foolproof way to increase the size of yours and give yourself the edge.

This move will put you on track for giant biceps while others are still banging out less effective curls, a move that

tempts you to swing the weights up and down and rely more on momentum than muscle power.

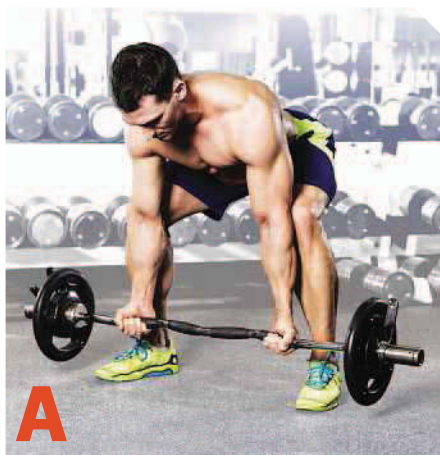
'The beauty of my favourite biceps move is that your body position takes momentum out of the equation, forcing your muscles to manage the weight throughout,' says Nick Mitchell, founder of Ultimate Performance (upfitness.co.uk). 'Your position also allows your biceps to work through a full range of motion, which is critical for it to reach its full growth potential.'



➤ Turn the page for Mitchell's killer biceps move, plus two easier variations that will get you ready for the big-muscle move.

Words: Joe Warner Photography: Tom Miles Model: David Godfrey
Thanks to Ultimate Performance (upfitness.co.uk)





B



Bent-over spider curl

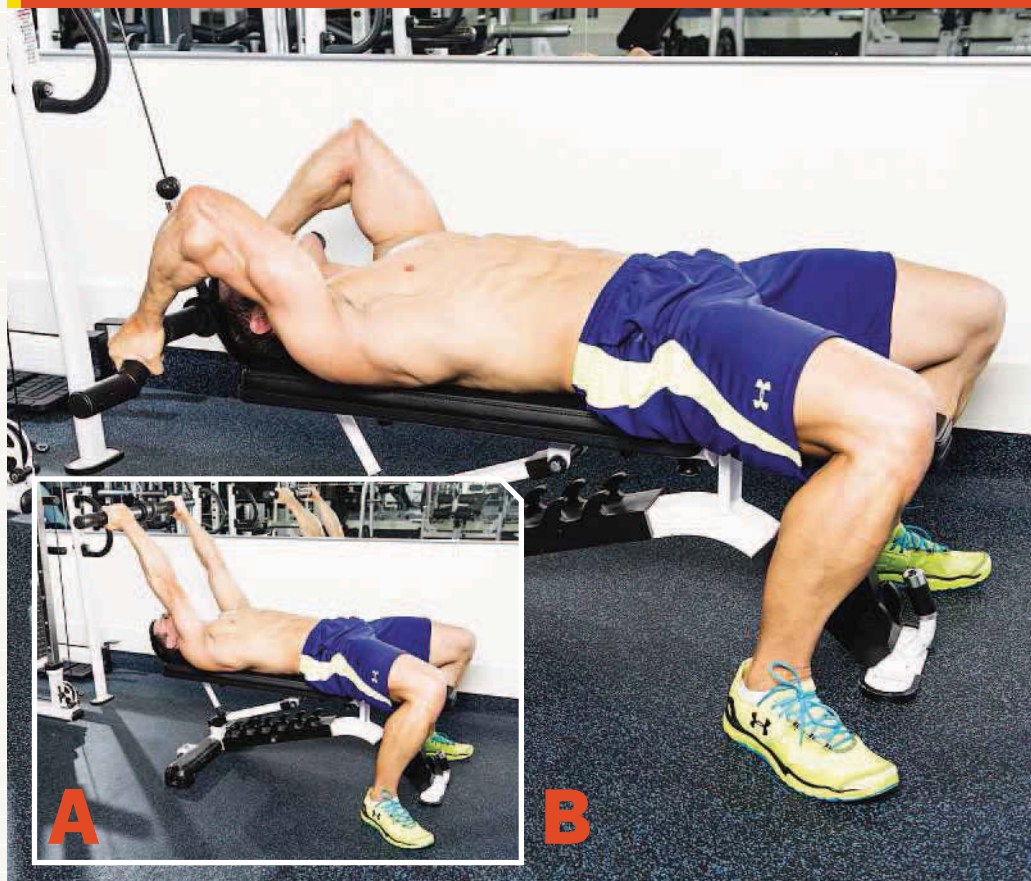
This variation on the curl allows you to hit your biceps more effectively – and also works the triceps, helping you to add overall size to your upper arms.

- Stand tall holding an EZ-bar with a close grip with your arms fully extended
- Bend forward from the hips so that your elbows are resting on your inner thighs.
- Curl the bar up towards your chin, keeping your elbows on your thighs, then squeeze your biceps at the top of the move.
- Take three seconds to lower the bar until your arms are fully straight, then flex your triceps at the bottom.
- Repeat for three sets of 12 reps.

Why it works

'Spider curls place the greatest emphasise at the top of the resistance curve, which means you feel the maximum tension at the top, "peak contraction" part of the movement,' says Mitchell. 'This allows you to hit the short head of the biceps, which is responsible for the peak you see in well-developed upper arms.'

MAKE IT EASIER 1

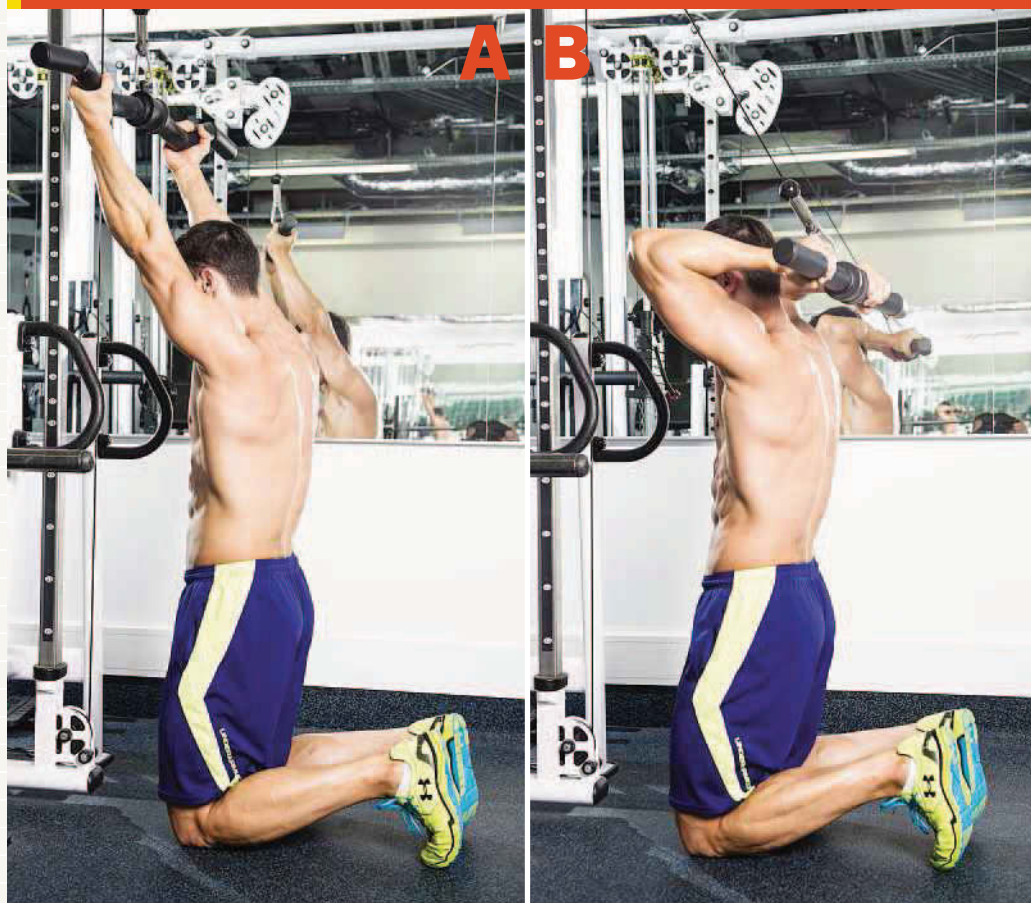


Supine overhead cable curl

Lying on a bench stabilises your body so you can focus exclusively on working your biceps directly. The range of motion is slightly reduced in this variation, so really focus on squeezing your biceps at the bottom and flexing your triceps at the top.

- Lie flat on your back on a bench with a straight or EZ-bar cable attached to the high pulley.
- Hold the bar with your arms straight, above and slightly behind you.
- Curl the bar so that it comes down below the back of your head, squeezing your biceps.
- Slowly return the bar back to the start position, flexing your triceps as your arms straighten.

MAKE IT EASIER 2



Kneeling overhead curl

Kneeling means your legs are not engaged so you can place more effort on your core to keep your torso stable, while focusing on working your biceps through their full range of motion.

- Kneel on the floor in front of a cable machine with a bar attached to the high pulley.
- Hold the bar with a narrow grip so that your arms are straight and the bar is directly above your head.
- Curl the bar so that it comes down below the back of your head and squeeze your biceps.
- Slowly return the bar to the start position, flexing your triceps as you straighten your arms.

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Twice the power

Want functional size in record time?
Do these double-kettlebell moves

Want to get lean? Get a kettlebell. Want to pack on muscle? Get two kettlebells. The secret of muscle, as any bodybuilder will tell you, is time under tension – how long you spend loaded up with whatever you're lifting. The secret of several two-kettlebell moves, meanwhile, is the double-rack position, when you hold your brace of bells against your chest.

Holding the load in place will work your core and stabilising muscles, as well as strengthening your forearms. And, because you're using two bells instead of one, you're working with heavier weights – exactly what you need to shock your body into growth.

Which weight?

BEGINNER

2x12kg

INTERMEDIATE

2x16kg

ADVANCED

2x20kg

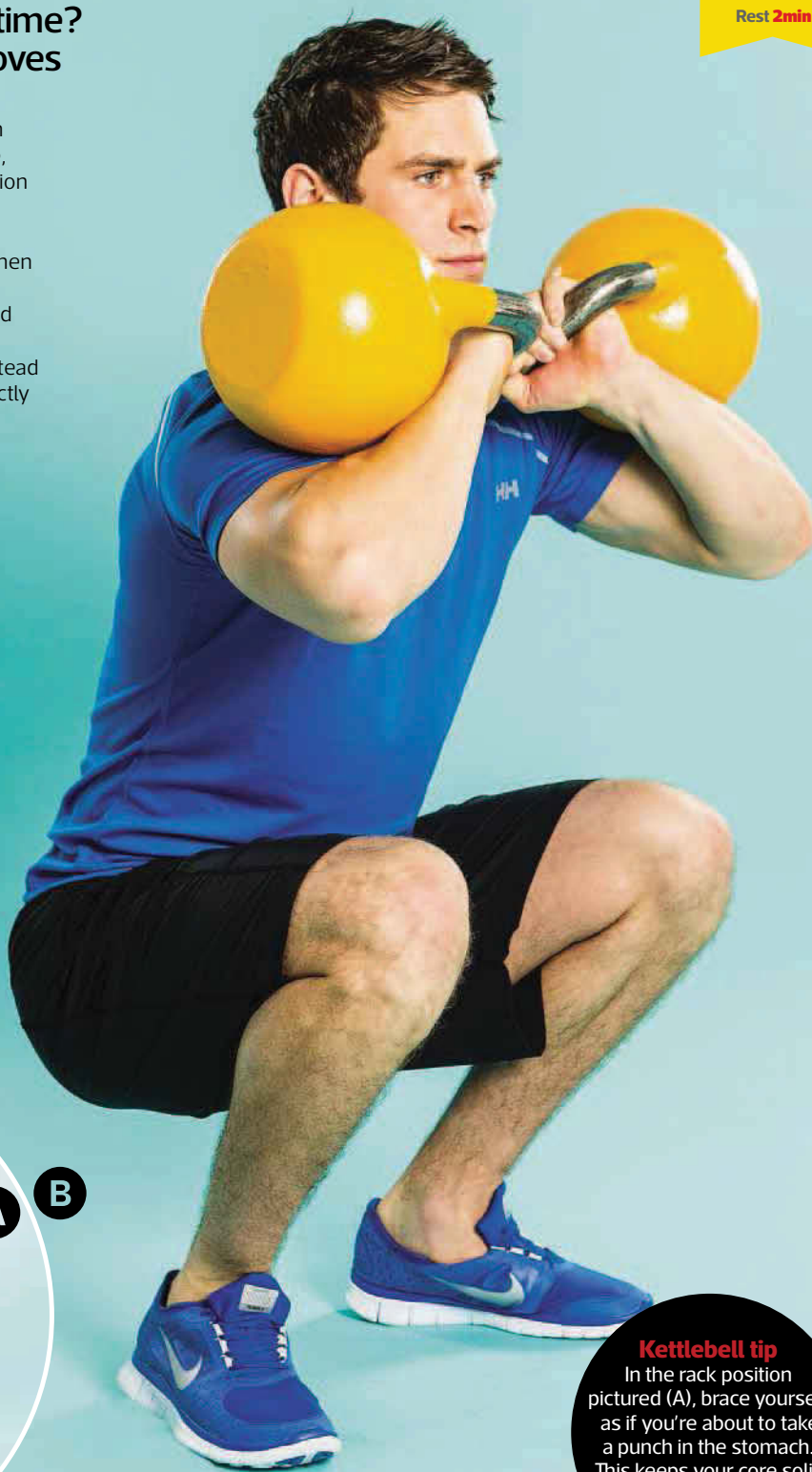
1 Double rack squat

- Stand with your feet shoulder-width apart and clean both kettlebells into the 'rack' position, which is with the bells resting on your forearms.
- Squat as low as you can, pausing at the bottom. Drive back up through your heels to return to the start.



A

B



Kettlebell tip

In the rack position pictured (A), brace yourself as if you're about to take a punch in the stomach. This keeps your core solid and helps you support the weight.

Training tools

Kettlebells

Training goal

Functional muscle

How to do the workout

Sets **4**

Reps **6-8**

Rest **2min**

2 Rolling floor press

- Lie on the floor with your knees bent and holding a kettlebell in each hand. Roll to one side as you press one kettlebell into the air, bringing your shoulder off the ground.
- As you lower the first kettlebell, roll over and press the other one and complete one rep.



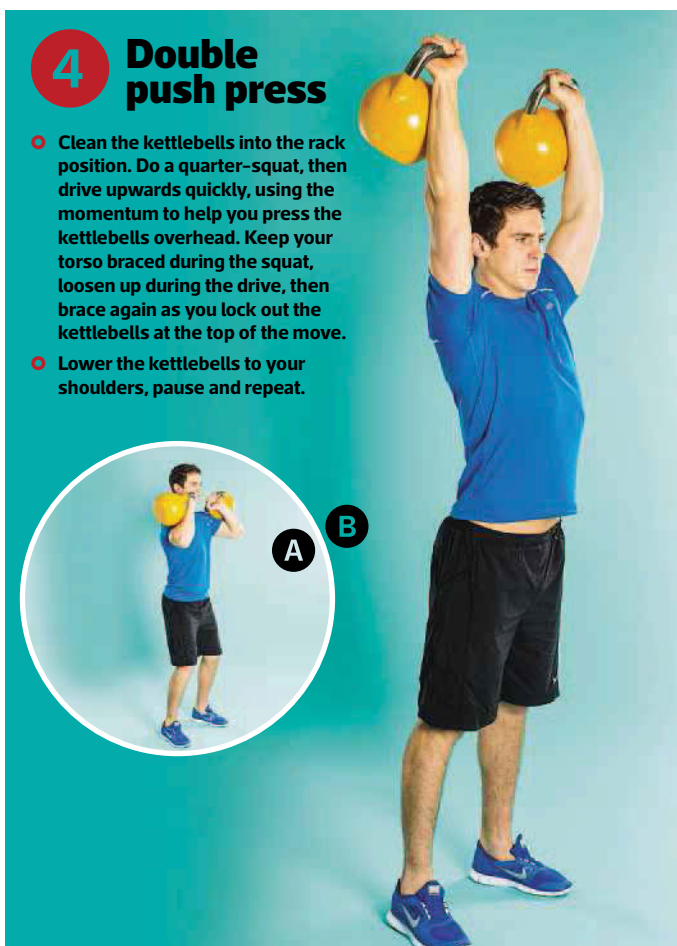
3 Bent-over row hold

- Holding two kettlebells, bend at the waist, then row one up, bringing your thumb towards your armpit.
- Hold the kettlebell there as you row with the other arm. Finish all your reps on one side before switching to the other. Keep your back straight throughout the move.



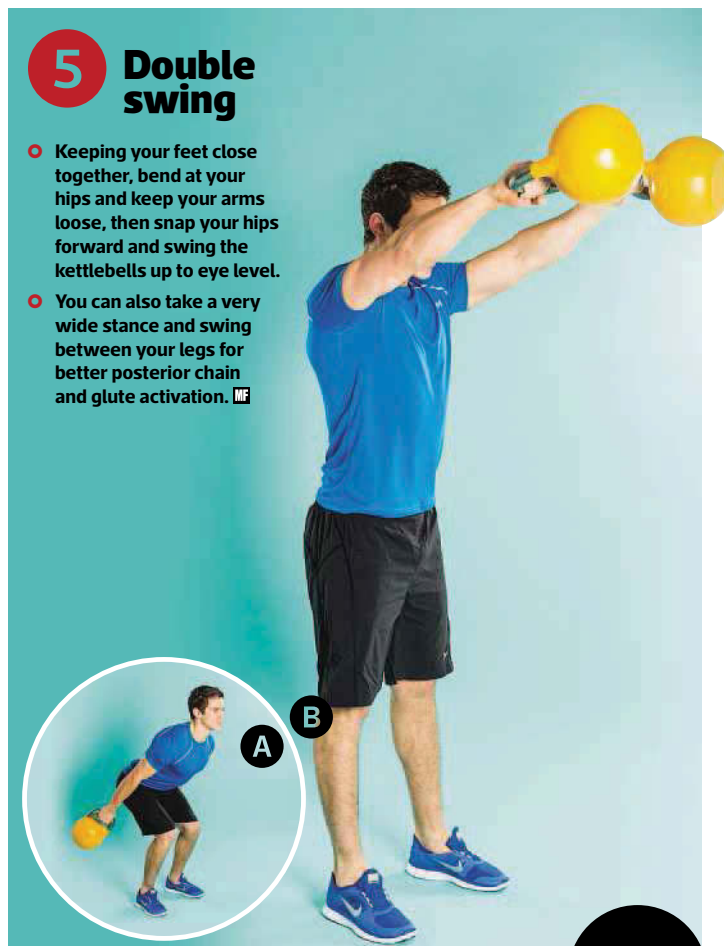
4 Double push press

- Clean the kettlebells into the rack position. Do a quarter-squat, then drive upwards quickly, using the momentum to help you press the kettlebells overhead. Keep your torso braced during the squat, loosen up during the drive, then brace again as you lock out the kettlebells at the top of the move.
- Lower the kettlebells to your shoulders, pause and repeat.



5 Double swing

- Keeping your feet close together, bend at your hips and keep your arms loose, then snap your hips forward and swing the kettlebells up to eye level.
- You can also take a very wide stance and swing between your legs for better posterior chain and glute activation. **MF**



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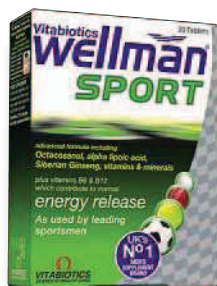
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CENTRE STAGE

WELSH CENTRE JAMIE ROBERTS IS AT THE TOP LEVEL OF WORLD RUGBY. HERE'S HOW HE DEVELOPS AWE-INSPIRING POWER



Jamie Roberts scores a try for Wales against Italy at the 2012 Six Nations

Words Mark Bailey Photography Pete Webb, Getty

This is proving to be a memorable year for Welsh rugby player Jamie Roberts. He'd already helped Wales to land the Six Nations and qualified as a doctor before he was selected for the British and Irish Lions tour of Australia this summer. He's also planning a move from Cardiff Blues to Racing Metro in France at the end of the season.

After years of juggling study with gym sessions, the 26-year-old knows all about dedication and commitment. 'Rugby is about going forwards and that often means running into a brick wall,' he says. 'Our bodies need to be ready for anything.'

Combining brawn with power and pace, Roberts is the epitome of the modern centre, and one of his most potent weapons is the intelligence to know how to train smart. 'The more you understand your training, the more you'll get out of it,' he says.

How proud are you to be selected for the Lions?

The Lions is the ultimate goal for a professional rugby player. You try to win trophies for your club

and your country but to be selected in a Lions Test match is the pinnacle. I played in two of the Lions Test matches in South Africa in 2009, which was incredible. So this is another proud moment for me, my family, my friends and my team-mates.

Have your medical studies helped your training?

Without a doubt, in terms of both understanding my physiology and handling injury and rehab. I've had three major joint reconstructions and my knowledge of medicine was a big help.

What are the most important physical qualities a centre should have?

As a centre I do a lot of running with the ball and carrying, so you have to be powerful, quick and agile, but you also need 'repeatability'. You can't carry the ball three times then stop chasing kicks.

How specific is your training?

I train in the gym three times a week. It normally involves a push session focusing on shoulders and

Jamie Roberts



Age 26
Height 1.93m
Weight 110kg
Achievements

- 53 caps for Wales
- Two-time winner of Six Nations, in 2012 and 2013
- Winner of the 2010 European Challenge Cup with Cardiff Blues

chest, a pull session with things like rows and chin-ups, and a special exercise session working the hamstrings, hip flexors, glutes or core. These muscles improve your running economy so you get less tired. People assume we just lift weights but we do a lot of specific conditioning of key muscles.

Which form of training has had the biggest impact?

I've worked a lot on my sprinting technique – sharp knee movement, good foot lift, strong hip flexors and hamstrings – and that has really helped. I also do lots of reactive calf work.

Wales are famed for their innovative training. Which aspect has helped you most?

Our cryotherapy training sessions. We train hard then use cryotherapy to recover, which means we vasoconstrict the periphery blood vessels at -50°C. Then you do 20 minutes' cardio so you vasodilate, which enables you to push out waste products. It means we can train harder for longer. Going through hell together is good for team morale.

What's your usual gym routine?

I do most of my training at 7-7.30am when I'm fresh. I never train on an empty stomach or I feel dreadful.

What's the secret to adding bulk?

It's all diet. People get bogged down with hitting the gym every day but they forget about the food.

'Cryotherapy means we can train harder for longer. Going through hell is good for team morale'

Unless you eat the right quantities and nutrients you'll never get the right growth. I started eating a lot when I was 15 or 16 but my biggest gains were when I was 18 to 21. Before then I was a stick.

Any other tips?

We focus on the small but crucial gains you can make outside training: eating well, sleeping well, stretching and hydrating, which is vital because muscle growth is based on muscle cell hydration.

What are your main sources of protein?

Fresh, high-quality meat from the butcher: chicken, steak, mince, ham and turkey. I'm a big fan of biltong, tuna fish and sashimi too.

Do you take supplements?

Before games I use a caffeine supplement and drink Red Bull. That was good for late-night revision too.

Do you follow any specific conditioning trends?

Everyone has an opinion and there's no right or wrong way. I don't read strength journals but methods filter down through our coaches. My advice is to find what works for you, fine tune it and hammer it home.

Thanks to SIX3NINE in Covent Garden, London. To book a session with SIX3NINE's team of expert trainers visit six3nine.com

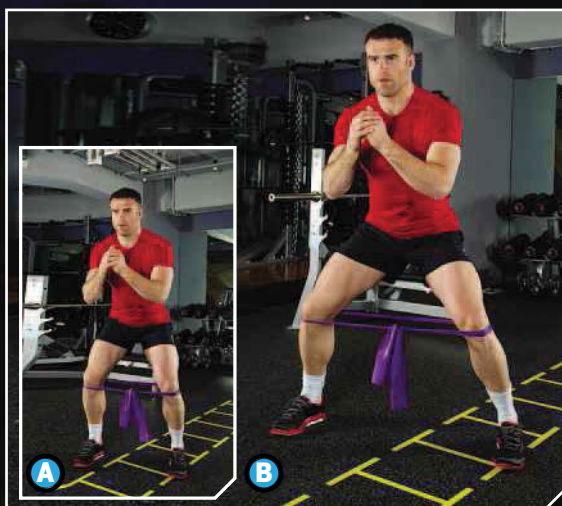


Jamie Roberts's strength and power workout

Do these total-body conditioning moves, resting 2min between supersets

SUPERSET 1 **LEGS OF STEEL**

Condition your gluteus medius to build leg strength and galvanise against injury



1A Crab walk Sets 4 Reps 10 steps each direction

- Wrap a Thera-Band around your knees and adopt a squat position. Clasp your hands together for balance.
- Starting with your legs shoulder-width apart, step sideways by widening your stance, then follow with your other foot to return to shoulder-width distance. Repeat for ten steps, then return to the starting point in the same way.

Roberts says 'The key is never to lose tension, so shuffle sideways without letting your feet go narrower than shoulder-width apart. It looks easy but the glutes burn like hell.'



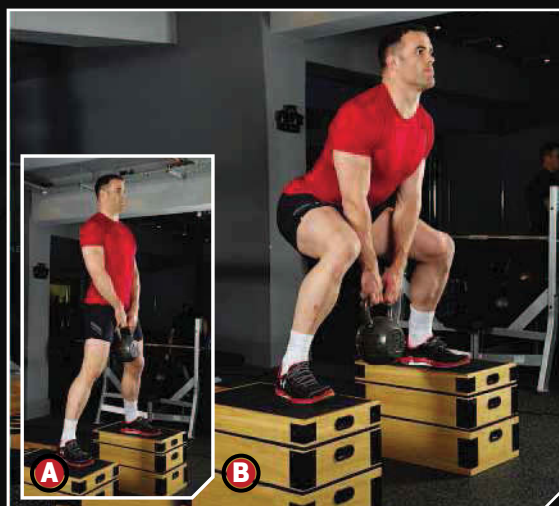
1B Side clam Sets 4 Reps 20 each side

- Tie a Thera-Band around your legs just below your knees then lie on your side with your knees bent at 90°, and your feet together and pointing backwards
- Slowly open your legs, pause for two seconds and return to the start. Keep the movement smooth and controlled, with your balancing arm straight and your abs locked tight.
- Lie on the other side and repeat.

Roberts says 'This strengthens the gluteus medius, which means when you run hard the rest of the chain – your core, hamstrings and knees – don't have to take as much weight.'

SUPERSET 2 **POWER AND PACE**

Boost your leg power and running speed with this lower-body combo



2A Kettlebell box squat Sets 4 Reps 8

- Arrange two boxes to match the foot position of a wide squat stance. Stand upright with a foot on each box and hold a kettlebell in both hands with your shoulders back.
- Lower into a squat, allowing the kettlebell to pull you down. Don't let your knees move in front of your feet, or your heels lift. Explode upwards and repeat.

Roberts says 'Keep your spine straight. Going deep helps to build leg power and the instability improves your balance and core strength, but you need to maintain good form.'



2B Gym ball hamstring bridge Sets 4 Reps 10 each leg

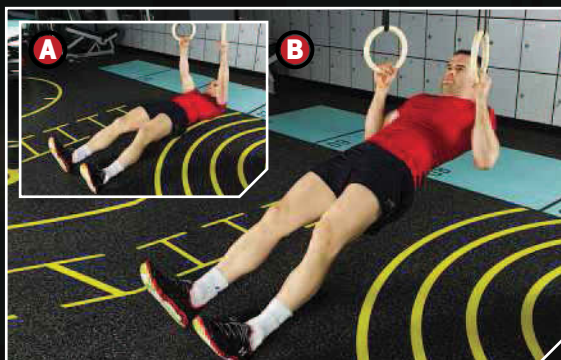
- Lie with the heel of one foot balancing on a gym ball. The ball shouldn't be fixed against an object – you must control its movement with your leg and core strength.
- Lift your hips and raise your free leg into a crunch. Keep your holding leg straight, with the knee slightly bent, to avoid recruiting the glutes and to work the hamstrings fully. Hold for two seconds and repeat.

Roberts says 'Concentric hamstring exercises are a waste of time because when you run your hamstrings are in an isometric position. This exercise conditions your legs for speed.'



SUPERSET 3 MORE MUSCLE

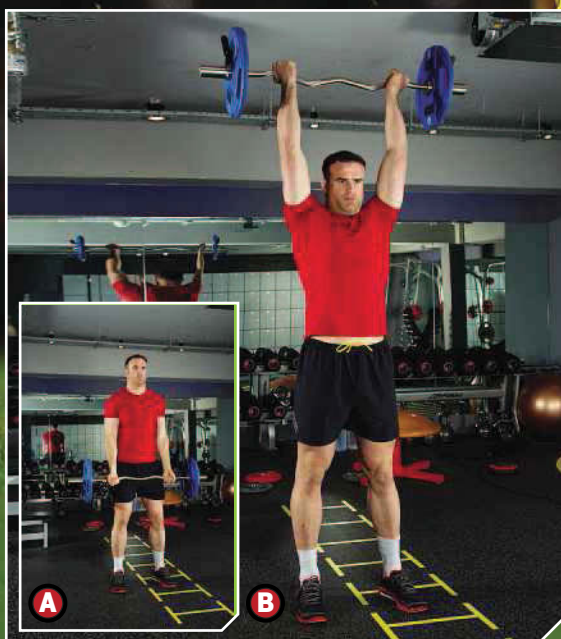
Hit this third superset extra hard for a muscular back, broad shoulders and bigger biceps



3A Ring row Sets 4 Reps 8

- With rings in a low position, hold them with an overhand grip, lie down and position your body so only your heels touch the ground and your back and legs are straight.
- Pull your chest up to the rings, moving smoothly from a flat to a sideways grip, and lower again. The rings add extra instability so lock your core to maintain your form.

Roberts says 'The secret is to pull your hips high. If they droop you'll be pulling up the weight of your upper body.'

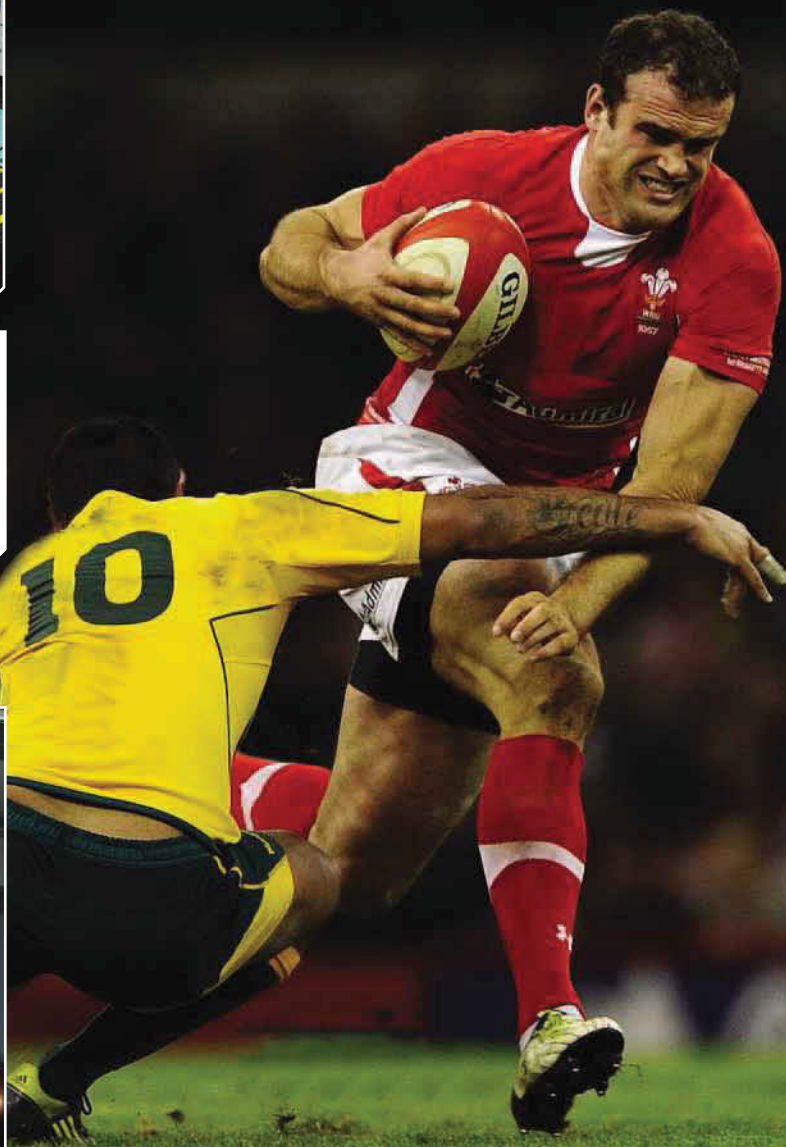


3B EZ-bar curl to press Sets 4 Reps 8

- Pick the EZ-bar off the floor with a straight back and bent knees. With an underhand grip, perform a biceps curl, keeping your shoulders back and down.
- From the curl position, push the bar above your head. Avoid moving your upper body and keep looking forwards throughout the move. Lower the bar back to the start with a slow, eccentric movement.

Roberts says 'Optimise results with good form. Avoid any swing during the curl so you really hit the biceps and push vertically, not outwards, during the press to recruit the full deltoid.'

Roberts's strength helps him evade a tackle while playing for Wales



FINISHING MOVE

Seal the deal with a final blast of weighted chin-ups to hammer your lats and biceps



1 Weighted chin-up Sets 4 Reps 4-5 (if weighted with 15-20kg)

- Grip a bar or hanging rings with an underhand grip and a weighted belt attached to your hips. Keep your back straight as you hang and explosively pull your body upwards.
- Lower your body back down with a slow, eccentric movement and try to avoid swinging or bouncing. Pause before repeating to reset the movement correctly.

Roberts says 'It's easy to cheat with chin-ups but you won't get the growth. Don't start off the floor and start each one with fully extended elbows.' MF

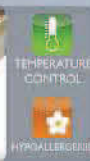
For England star Ben Foden's upper-body strength workout go to mensfitness.co.uk/links/benfoden

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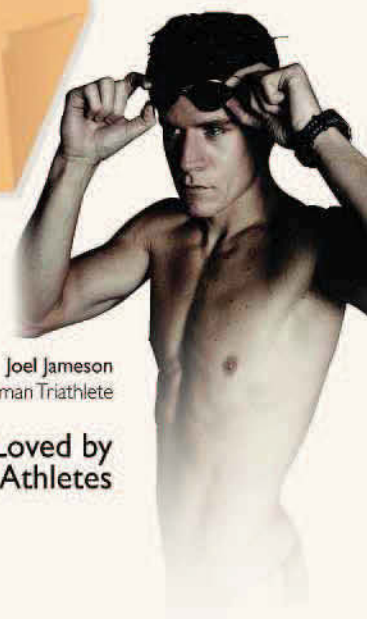
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5 WAYS TO POWER UP YOUR

Push press

Build powerful shoulders with this explosive lift

- 1 'Stand with your feet hip-width apart and your toes slightly turned out so you're completely balanced,' says trainer Mike Causer (causerconditioning.co.uk).
- 2 'Grip the bar with your hands just more than shoulder-width apart so you can lock your arms out comfortably. Any wider and you'll lose drive.'
- 3 'Rest the bar on your shoulders and dip slowly, spreading your knees outwards and then pressing explosively.'
- 4 'Take a deep breath before pressing the bar overhead and hold your breath until the bar is locked out so your core forms a solid base.'
- 5 'Keep your elbows directly under the bar throughout and punch your arms up, bringing your biceps level with your ears quickly. Make sure you move your head out of the way.'



Muscle myths

Our experts unravel common muscle-building misconceptions



Sean Murphy
UP Fitness



Chris Gallagher
PT Results



Jack Lovett
Spartan Performance

1	'Isolation moves are the best way to build muscle'	Compound exercises actually recruit more muscle fibres, but don't neglect isolation moves. Combining them can be beneficial, especially if technical failure limits how heavy you can go.	Multi-joint exercises provide a greater anabolic and hormonal response for muscle growth. Smaller isolation exercises are the icing on the cake to top off your programme.	Wrong. Heavy compound moves such as squats are the cornerstone of muscular development because they generate a greater release of testosterone and growth hormone.
2	'Just lifting heavier will help you build muscle'	Time under tension is important for muscle growth. There are two ways to benefit from this. Lift heavy for less than 20 seconds or lift slowly for 40 to 70 seconds. Alternate between cycles.	Volume and frequency of training of a muscle group play a greater role. Training to fatigue or failure is often a significant feature of a mass-building programme.	To get bigger you must get stronger, so lifting heavy will help, but it's not the only way. Bodyweight exercises such as pull-ups and dips will maximise your gains.
3	'You have to "confuse" your muscles to get bigger'	Increasing the weight you lift by 2-5% each week is the simplest means of gaining muscle but if you hit a plateau, changing your workout every six sessions can ensure progress.	Changing your exercises all the time won't build muscle. Pick your exercises and stick with them, but systematically change variables such as volume and rest periods.	The basics work. Tremendous physiques have been developed for over a century with nothing but bodyweight and a barbell. Simple progressive overload is the key.

Words Sam Rider

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NAME: Hair-vit®**Occupation:** Vitamins that keep your hair healthy

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NAME: Merci Maman**Occupation:** Bespoke gifts

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**NAME: Liquid Grip****Occupation:** Helping you get a strong grip

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NAME: Madform**Occupation:** improve recovery and muscle rehab

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A shirtless, muscular man is shown from the waist up, performing a bicep curl with a large black dumbbell. He is looking intently at the weight. The background is a dark gym setting with wooden flooring.

V FOR VICTORY

BUILD A STRONG, LEAN, V-SHAPED TORSO IN JUST FOUR WEEKS

A

V-shaped torso with broad shoulders and a defined waist is the target body shape for many men. This month's workout will help you achieve just that by adding lean muscle to your chest, shoulders and upper back, while torching fat around your stomach. The result is a wide, strong upper torso that tapers to a lean waist.

This workout requires you to complete four sessions a week. A good plan would be chest and triceps on Monday, legs on Wednesday, back and biceps on Friday, and shoulders on Saturday. Repeat this pattern for four weeks to be the proud owner of a bigger, leaner body.

How to do this month's workout

There are four workouts each week and each workout contains four moves divided into two supersets. After a warm-up, do the required reps of exercises 1A, rest, then move straight on to exercise 1B. Repeat this until all the sets have been completed, then move on to exercises 2A and 2B. Make sure you stick to the sets, reps, tempo and rest periods prescribed. The four-digit tempo figures refer to the time in seconds you take to lower the weight, pause, lift the weight, then pause in each rep.



WORKOUT 1 Chest and triceps

SUPERSET 1

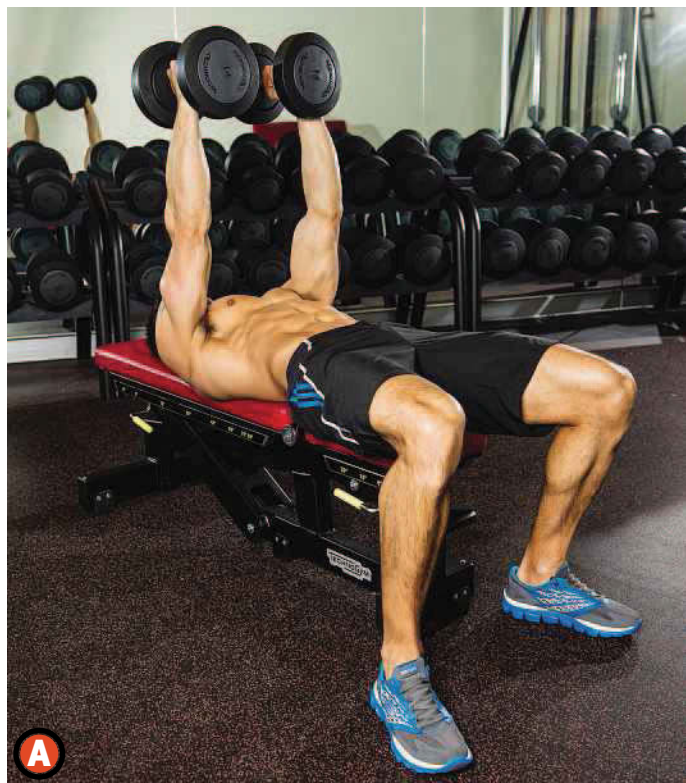
Warm up with some empty-bar bench presses, gradually increasing the weight and decreasing the number of reps until you reach your work-set target weight.

1A

Bench press

• Sets **4** /
Reps **8** /
Tempo **3010** /
Rest **60sec**

- Lie on a flat bench with your feet on the floor directly under your knees.
- Hold the bar with an overhand grip, hands wider than shoulder-width apart.
- Lower the bar to your chest, taking your elbows out to 90°, until the bar is almost touching the middle of your chest or is just above your nipples.
- Drive your feet hard into the floor and push the bar strongly to return to the start.



1B

Dumbbell fly

• Sets **4** / Reps **12** / Tempo **2010** / Rest **60sec**

- Lie on a flat bench holding a dumbbell in each hand above your chest with palms facing.
- Make sure your head and upper back are supported by the bench and your feet are flat on the floor.
- Keeping a slight bend in your elbows, lower the weights out to the side as far as is comfortable.
- Use your chest muscles to reverse the move and raise the weights back to the start.

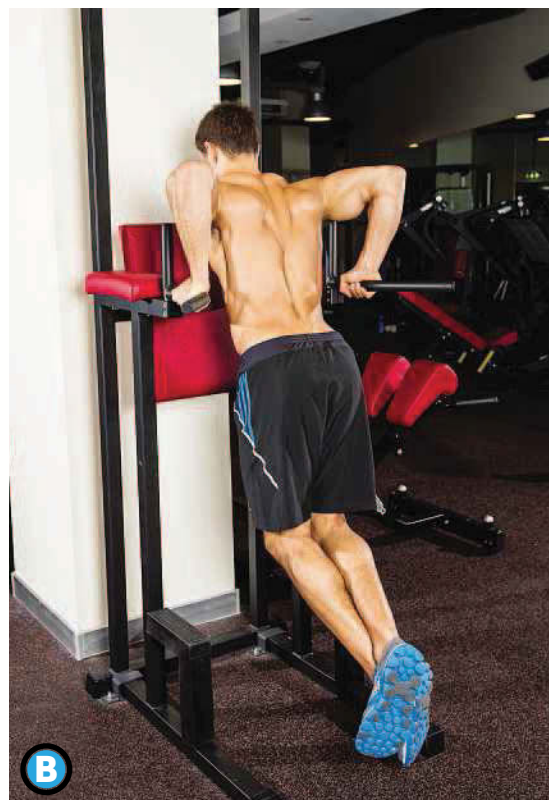
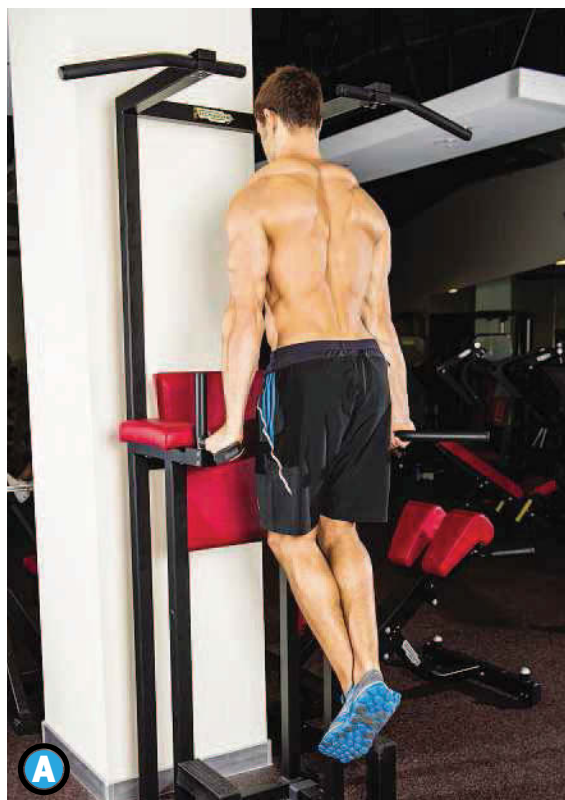


SUPERSET 2

2A

Triceps dip

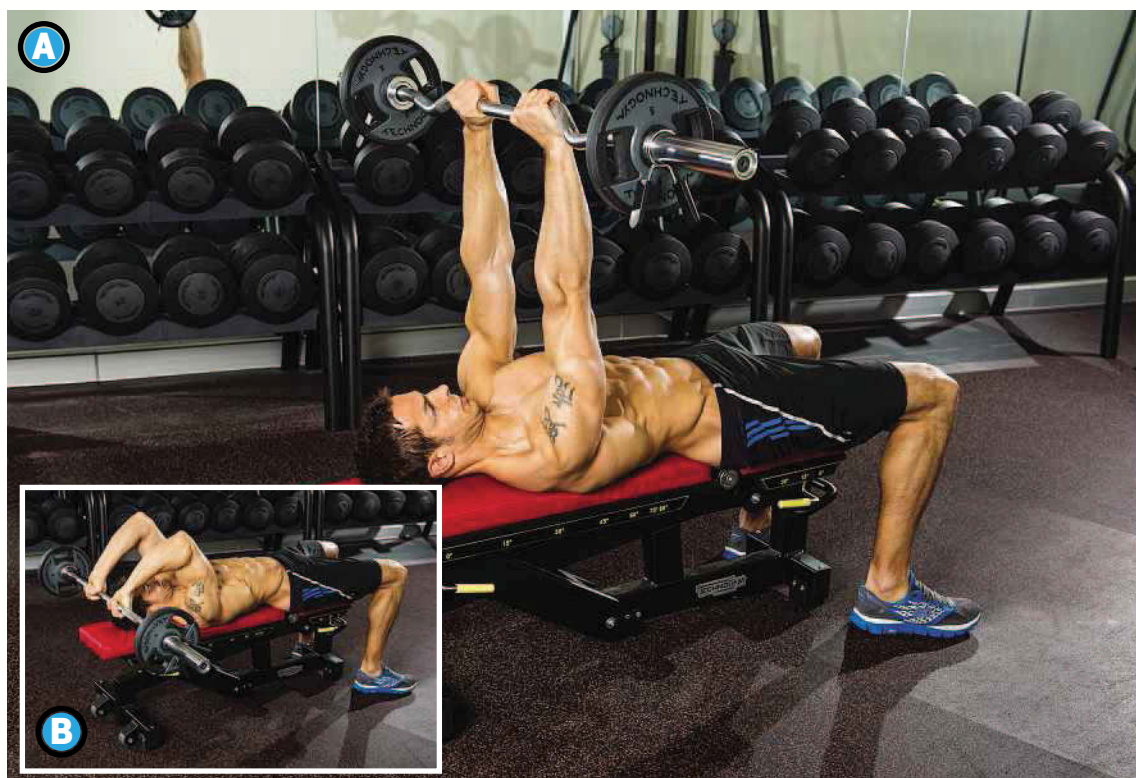
- Sets **4** /
Reps **8** /
Tempo **3010** /
Rest **60sec**
- Grip parallel bars, keeping your body upright.
- With your elbows pointing straight back, lower your body as far as you can go without stressing your shoulders.
- Keep your core braced and don't swing your legs for momentum.
- Press back up powerfully but don't lock out your elbows at the top.



2B

Lying EZ-bar triceps extension

- Sets **4** /
Reps **12** /
Tempo **2010** /
Rest **60sec**
- Lie on a flat bench, holding an EZ-bar above you with straight arms.
- Lower the bar towards the top of your head by bending your elbows, which should stay pointing to the ceiling.
- Without arching your back, straighten your arms to return the bar to the start.



WORKOUT 2 Legs

SUPERSET 1 Warm up with some empty-bar squats, gradually increasing the weight and decreasing the number of reps until you reach your work-set target weight.

1A

Squat

- Sets **4 /**
Reps **8 /**
Tempo **3010 /**
Rest **60sec**
- Rest the bar on the back of your shoulders – not your neck – holding it with an overhand grip slightly wider than shoulder-width. Keep your elbows pointing down.
- Your feet should be slightly more than shoulder-width apart with your toes pointing outwards.
- Squat until your thighs are at least parallel to the floor. The deeper you can squat, the better.
- Drive back up through your heels.



1B

Front squat

- Sets **4 /**
Reps **8 /**
Tempo **3010 /**
Rest **60sec**
- Rest the bar on the front of your shoulders, holding it with your elbows pointing forwards and your feet shoulder-width apart.
- Maintain a natural arch in your back and keep your core braced throughout.
- Squat until your thighs are at least parallel to the floor. The deeper you can squat, the better.
- Drive back up through your heels.

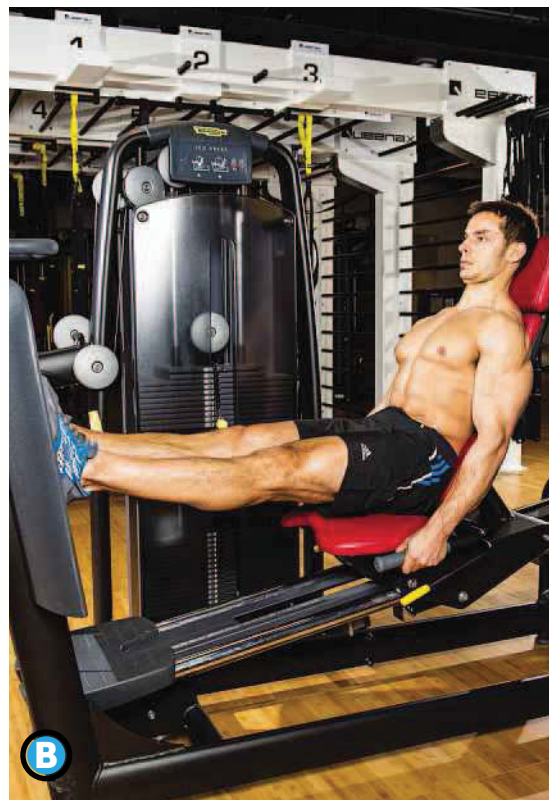
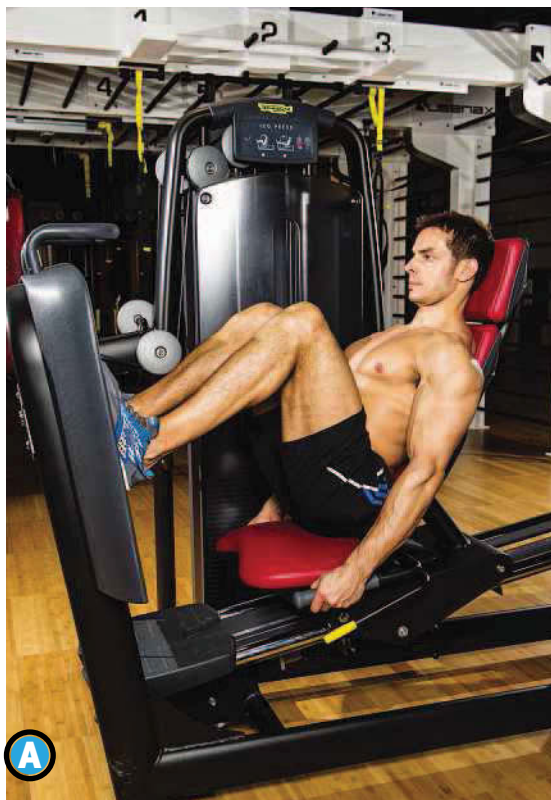


SUPERSET 2

2A**Leg press**

- Sets **4** /
Reps **12** /
Tempo **1030** /
Rest **60sec**

- Sit on the machine, following its instructions to position yourself correctly and safely.
- Release the lock and push through your heels to straighten your legs.
- Bend your legs to return slowly to the start.

**2B****Seated hamstring curl**

- Sets **4** /
Reps **12** /
Tempo **1030** /
Rest **60sec**

- Sit on the machine, following its instructions to position yourself correctly and safely.
- With the pad against the back of your lower calves, contract your hamstrings to lower it.
- Return slowly to the start.



WORKOUT 3 Back and biceps

SUPERSET 1 Warm-up with some close-grip underhand lat pull-downs, gradually increasing the weight and decreasing the number of reps until you reach your bodyweight.

1A

Chin-up

- Sets **4** / Reps **8** / Tempo **3010** / Rest **60sec**
- Hold the bar with an underhand grip with your hands shoulder-width apart.
- Start from a dead hang with your arms fully extended.
- Squeeze your lats together to pull yourself up.
- Once your chin is higher than your hands, lower yourself slowly back to the start.



1B

Bent-over row

- Sets **4** / Reps **8** / Tempo **2010** / Rest **60sec**
- Start with your core braced, back straight, shoulder blades retracted and knees bent slightly.
- Hold the bar with your hands wider than shoulder-width apart and lean forwards from the hips, letting it hang at knee level.
- Pull it up to your lower sternum, retracting your shoulder blades, then lower it to return to the start.

SUPERSET 2

2A

Standing cable reverse flye

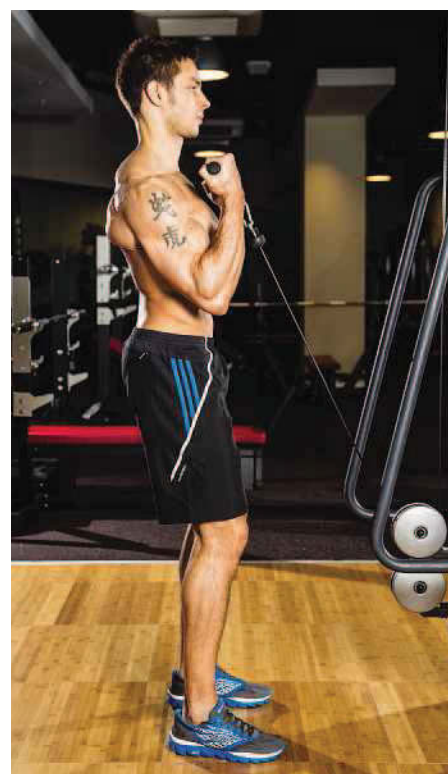
- Sets **4** / Reps **12** / Tempo **2010** / Rest **60sec**
- Stand in the middle of a cable machine with your arms crossed, holding a D-handle in each hand attached to the pulley at shoulder height.
- Brace your core, bend your elbows and pull the handles down to waist height.
- Return to the start with the weight under control.



2B

Cable biceps curl

- Sets **4** / Reps **12** / Tempo **2010** / Rest **60sec**
- Stand tall, holding a double-rope cable handle attached to the low pulley of a cable machine.
- Keeping your elbows close to your body, curl your arms up to raise the handles towards your chin.
- At the top of the move squeeze your biceps and return to the start, squeezing your triceps at the bottom of the move.



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WORKOUT **4** Shoulders

SUPERSET 1

Warm up with some empty-bar shoulder presses, gradually increasing the weight and decreasing the number of reps until you reach to your work-set target weight.

1A

Push press

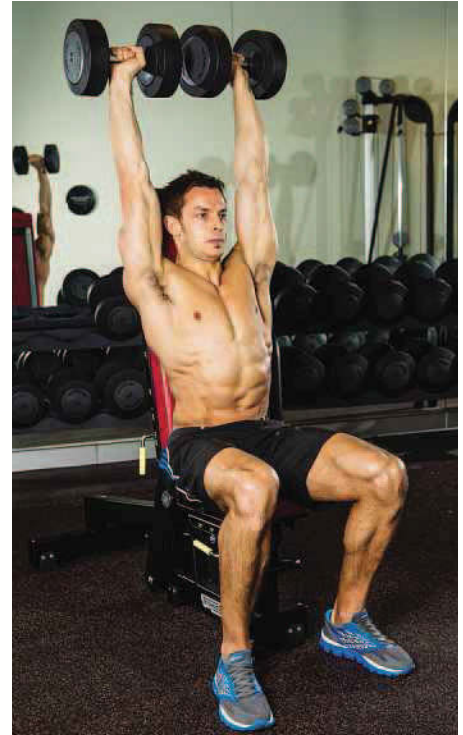
- Sets **4** /
Reps **8** /
Tempo **3010** /
Rest **60sec**
- With your feet shoulder-width apart, position a bar on your upper chest, with a grip slightly wider than shoulder width.
- Keep your chest upright and your core muscles braced.
- Bend at the knees and go into a quarter-squat, then stand up and press the bar directly upwards.
- Lower the bar back to your chest.



1B

Seated dumbbell Arnold press

- Sets **4** /
Reps **12** /
Tempo **2010** /
Rest **60sec**
- Sit on an upright bench holding dumbbells with palms facing you, feet flat on the floor and core braced.
- Press the weights up, rotating your hands so you end with arms straight and palms facing away from you.
- Reverse the move to return to the start.



SUPERSET 2

2A

Dumbbell upright row

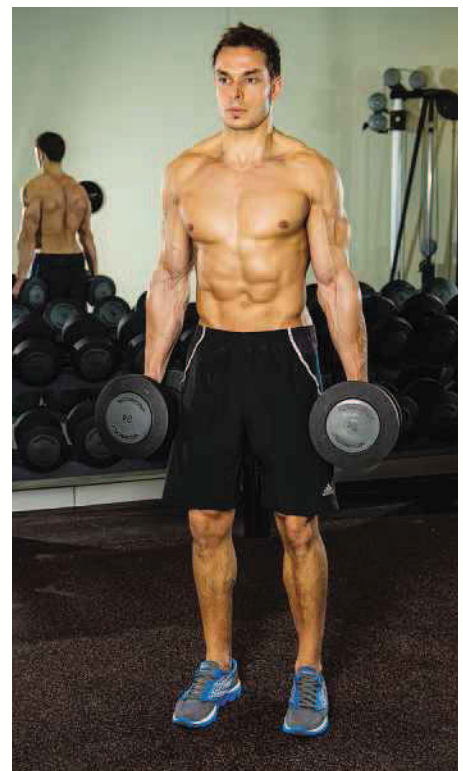
- Sets **4** /
Reps **10** /
Tempo **2010** /
Rest **60sec**
- Stand tall holding a dumbbell in each hand with an overhand grip.
- Leading with your elbows, pull the weight up until your hands are level with top of your chest.
- Lower the weights back to the start.



2B

Dumbbell shrug

- Sets **4** /
Reps **12** /
Tempo **2110** /
Rest **60sec**
- Stand tall holding a dumbbell in each hand by your sides.
- Keeping your core braced, shrug your shoulders towards your ears, keeping your arms straight.
- Lower the weights back to the start. 



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JUNE 16 **SOUTHPORT MARINE LAKE TRIATHLON**

STANDARD (1500M, 40K, 10K) & SPRINT DISTANCE (750M, 20K, 5K) – Entry from £49
WATERSIDE LODGE / MARINE DR / SOUTHPORT

Now in its 2nd year the event includes an open water swim in the Marine Lake, fast & flat bike course on fully closed roads along the coast, followed by a scenic run around the Lake.

In 2013 the Standard Distance race has also been selected to host the Triathlon England North West Standard Distance Championships as part of the North West Senior Series.

JULY 7 **SOUTHPORT HALF MARATHON**

13.1 MILES – Entry from £24 – PRINCES PARK / SOUTHPORT

Summer 2013 will see the classic Half Marathon distance return to Southport's running calendar with closed roads for a traffic free route that includes many of Southport's famous landmarks – a start/finish in

Princes Park, the Marine Lake, the Pier, Kings Gardens, Marine Drive, Coastal Road and Victoria Park. This is a fast and flat course with lots of PB potential!

JULY 28 **CROSBY LAKESIDE OPEN WATER SWIM**

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New half iron distance races launched by the Markel Castle Triathlon Series in 2013. Stunning venues and scenic grounds set the scene for motivating events nurturing your most extreme triathlon ambitions.

Markel Château de Chantilly Triathlon
Sunday 25th August 2013

Markel Hever Castle Triathlon
Sunday 29th September 2013

- £5,000* prize fund for The Gauntlet at both venues
- 1.9km swim, 90km cycle, 21km run



*£5,000 prize fund for 'La Gauntlet' at Château de Chantilly

The Markel Castle Triathlon Series offers high quality events for all standards, from first-timers and children to elite performers. If the Gauntlet is not for you, check out the other race distances at the five stunning castle venues.

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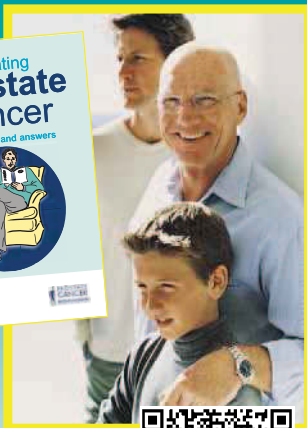
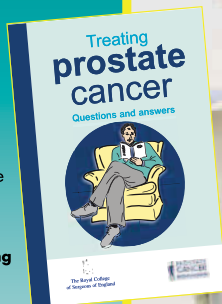
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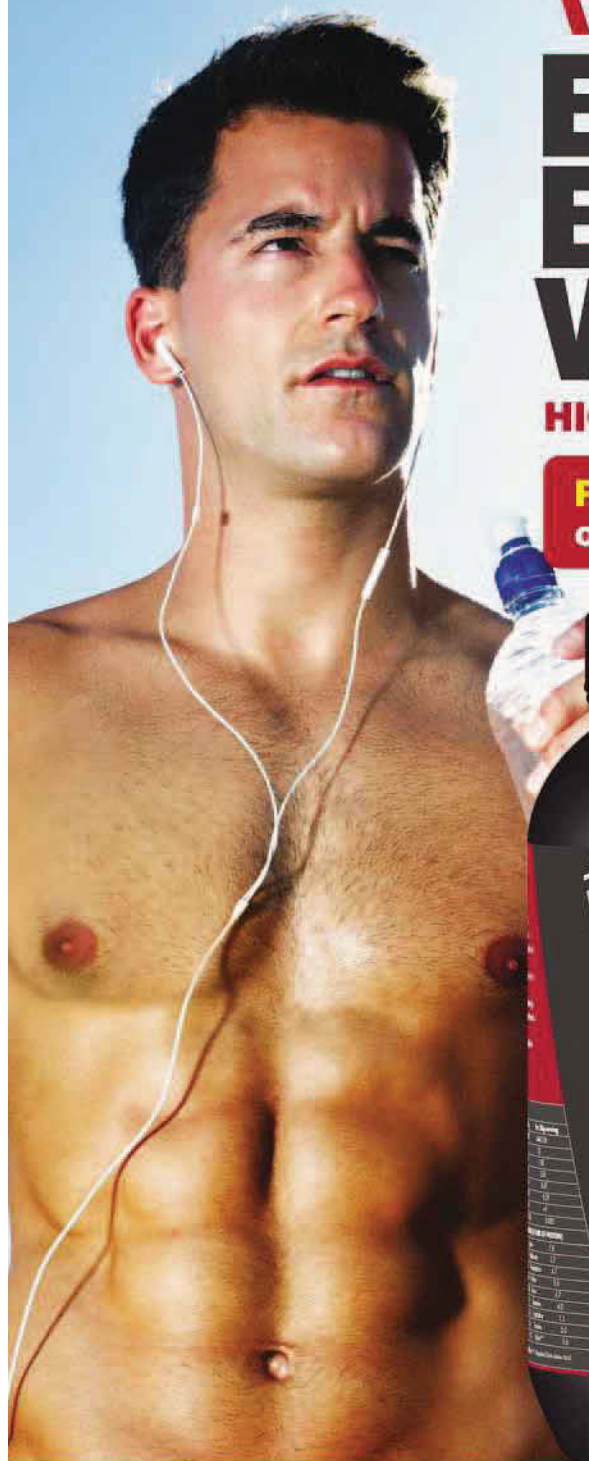
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LAST
WORD

Arnold Schwarzenegger

The former Governor talks to **MF** about staying hungry, six-hour gym sessions and bringing back the T-800



You've returned to acting in the past couple of years. Was it tough getting back into action-hero mode after such a long break?

I was fortunate that Sylvester Stallone asked me to be in *The Expendables 2*, so I got to spend four days shooting that in Bulgaria before flying to New Mexico to start work on *The Last Stand*. By the time I got there, I felt a bit more warmed up and not as concerned as I had been at the beginning about getting back into acting again. It was a good icebreaker.

Was it always your intention to return to acting?

I always considered my acting career to be ongoing – I'd just taken a step back from it to be a governor [of California]. So there was never any debate about it. I never wanted to become a career politician and run for Senate or Congress. California and America had given me every opportunity I'd ever had, so I felt I should become a public servant to give something back. I actually did the job for free for those seven years too. The salary was \$187,000 and I didn't need the money. It was an honour to do the job.

You've achieved a huge amount in bodybuilding, film and politics. What has been the key to your success?

I think the most important thing is to have a very clear vision of what you want to achieve. To work out every day without a goal is almost impossible. When I went to America I had to educate myself and work my way up in Hollywood, which was very difficult, so I had to be determined. But if your goal is always in front of you and you know what you're fighting for, it's fun. My whole life, everybody told me what I wanted to achieve couldn't be done, but I was always convinced I would get there. You've got to believe in yourself, have fire in your belly and not be shy of working hard.

How many hours a day do you spend in the gym?

In my early days I'd spend five or six hours a day in the gym. But now it's more like an hour and a half.

What goals and challenges does the future hold for you?

Even though I'm 65 years old, I'm still just as hungry for growing as a person, getting smarter and having more experiences. I want to do bigger, better movies and work with interesting actors and directors. I want to reach out and try to help people. I do some work with the UN, I'm an international coach for the Special Olympics and I have a foundation that helps provide after-school activities for kids. I'm still having a great time doing these things.

Will you be reprising any of your iconic film roles?

There are three projects being written now that involve me – *Terminator 5*, a new *Conan* movie and a sequel to *Twins* called *Triplets*, in which Eddie Murphy will play the third brother.

If all the characters you've played were to have a fight, who would win?

I think they'd all join forces right away! They're mostly authority figures: spies, FBI agents, police officers, sheriffs – the same kind of characters. They all want to bring law and order and fight bad guys. Apart from the Terminator, who is definitely on the wrong side of the law. **MF**

The Last Stand is out on DVD and Blu-ray from 27th May

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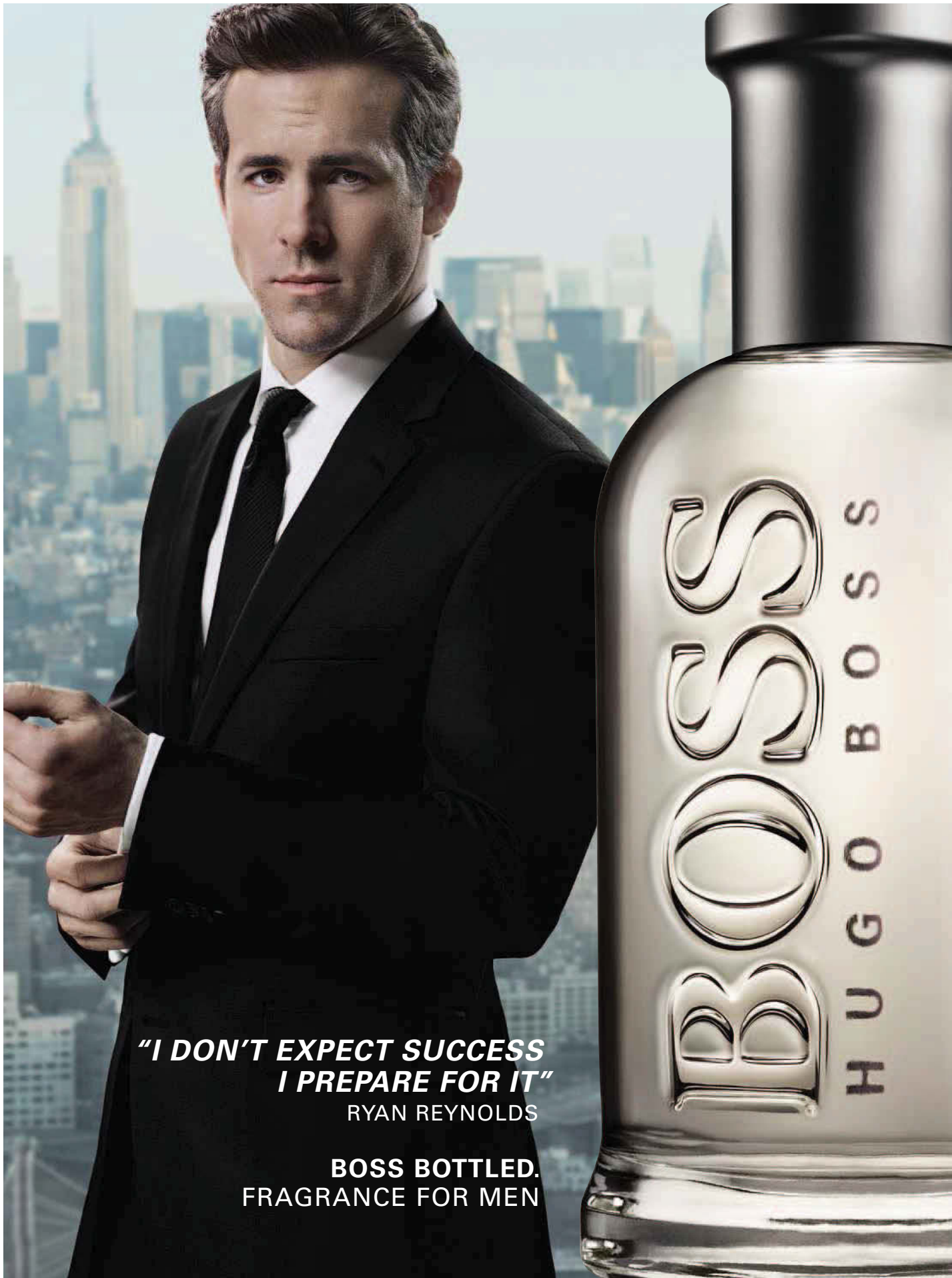
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